

SCHOLASTIC COACH





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This Badge of Honor is being proudly worn by every employee of Rawlings Manufacturing Co. It is a daily reminder that their production of quality War Materials and Athletic Equipment is an essential factor for the safety, well being, and Health of our Fighting Men.

We again wish to thank our suppliers and sub-contractors for their part in making it possible for us to win this second award.

We shall all continue our work with renewed determination to produce to the best of our ability.



IN WAR — Arsenal of Athletic Goods for the Armed Forces.

IN PEACE — Source of Supply for Leading Athletic Goods Distributors.

RAWLINGS MANUFACTURING CO.



WAR DEPARTMENT
OFFICE OF THE UNDER SECRETARY
WASHINGTON 25, D. C.

22 April 1944

To the Men and Women
of the Rawlings Manufacturing Company
Lucas Avenue at Twenty-Third
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I am pleased to inform you that you
have won for the second time the Army-Navy
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You have continued to maintain the
high standard that you set for yourselves and
which won you distinction more than six months
ago. You may well be proud of your achieve-
ment.

The White Star, which the renewal
adds to your Army-Navy Production Award flag,
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Forces for your continued and determined effort
and patriotism.

Sincerely yours,

Robert P. Patterson
Under Secretary of War

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TILITE does a *double* job... cleans swimming pools *chemically* and *mechanically*. By removing imbedded dirt and most stains, including rust, Tilite keeps your pool invitingly clean.

It's easy to use, effective and inexpensive... a little covers a lot of surface. Tilite-cleaned surfaces are free from the dangers of soap-washed surfaces because Tilite contains no slippery soap. For a generous **FREE SAMPLE** fill out and return attached coupon.

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THE baseball season is nearly a month old and, everything considered, is doing quite nicely. Many of the name stars are gone and others will soon follow. But the 4-F, over-age and under-age fly-catchers are keeping the home plates burning.

And they're doing a good job. In fact, the caliber of play has been the happiest surprise of all. Even the gloomy gusses who predicted baseball would degenerate into a travesty are now chewing peanuts in the bleachers.

We don't say the brand of ball measures up to former years. But it still is big league baseball. Cartoons to the contrary, nobody is stopping balls with their beards or hurling lollypops at line drives. Baseball is still the sphere of the professional.

Practically every lineup boasts at least three regulars. The others are AA players and promoted utility men, complemented with a dash of adolescence and a pinch of auld lang syne.

In any light, we hope baseball survives the summer. In these tense days, an afternoon in a sunny park or a fanning bee on the front porch will never hurt anybody.

WHEN Gene Tunney launched his physical fitness program for the Navy two years ago, he sailed smack into a wave of newspaper criticism.

It seemed the old heavyweight champion had forgotten or never knew that sports were the only means of conditioning our sailors. For he had the audacity to institute a well-rounded program of mass games, sports, calisthenics and other quick, economical body builders.

It was insinuated that Tunney had been "taken in" by the professional dumbbell swingers, which is newspaperese for physical educators.

But time is a tester and a changer. The Tunney program was tested and found sound. And now look at the change in at least one newspaper's opinion — the *New York Daily News*. The writer is Jim McCulley.

"Tunney was always thorough. He has assembled the brains of the physical education world in a sound civilian advisory committee to give the Navy a scientifically

Here Below

correct, greatest - good - for - the - greatest - number program. No crackpot faddist, headline hero or typewriter critic can pick Tunney's program apart. It represents not only Tunney's mind, but the distillation of the minds of the best medical authorities.

"When the war first started, a long procession of athletes tried to



Garrett Price in *The New Yorker*

"I can't crouch down. That's why I'm still in baseball."

take a nation of 4-F's and overnight turn them into warriors. Football coaches wanted everyone to play football, boxers wanted everyone to box, baseball players wanted everyone to play baseball.

"Tunney took the brunt of criticism. But . . . went ahead . . . with a sensible program as old as time and as indispensable."

OUR idea of a nice, easy assignment is summing up the state basketball tournament season. You can fling your best adjectives from every angle and never fail to hit. For here's an event that is really "terrific," "colossal" and "stupendous."

Take the recent series, for in-

stance. Played in a war year, under probably the toughest conditions in basketball history, they proved a smashing success. Maybe the most successful of all time!

The attendance figures (see chart on pages 18 and 19) seem to bear this out. Practically every state reported a huge increase in attendance, ranging anywhere from 10% to 200% (Ar-

kansas). Montana reported a 150% increase—"the greatest comeback in the history of basketball."

In the few states that reported decreases, there frequently were extenuating circumstances. Iowa, for example, had a 31% decrease. But only half the normal number of sessions were held.

One of the happiest features of the '44 series was the return of nine of the eleven states who dropped out last year.

THAT our military "knows the score" insofar as high school physical education is concerned is clearly indicated in a recent report on the Aviation Cadet Program by H. H. Arnold, Commanding General of the Army Air Forces:

"The future of America depends upon the fitness of our young men. All of the armed services need young men who are physically fit, mentally alert and well educated for the exacting demands of war.

"The Army Air Forces urges every boy approaching military age to prepare himself physically and mentally for his possible contribution to the defeat of our enemies and for his responsibilities in the post-war world.

"We suggest, among other things, the physical training and other preparatory courses of the High School Victory Corps which are recommended for the various armed services."

ALL this is very nice, of course. But what about the post-war world? Will the military and the government remember the need for physical fitness and support our intensified high school programs? Or will they lapse into their usual peace-time forgetfulness?

If Major General Louis B. Hershey, Selective Service director, has his way, the nation is going to be kept fit after this war through compulsory physical training!

(Concluded on page 40)



MEMO:

*Remember
McArthur!*

YOUR "FIRST" LINE of SCHOOL GYM TOWELS

Even though you cannot order all the new supply of McArthur gym towels you would like to during the war . . . make a memo for later on . . . and in the meantime make a check on how well these rugged towels stand up under years of consistently hard usage and laundering. Remember "McArthur" your "first" name in school gym towels.

GEO. McARTHUR & SONS, BARABOO, WIS.

SCHOLASTIC COACH

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Editor: OWEN REED

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Have a look at your gym mats . . . need refilling, don't they? Then specify OZITE Gymnasium Mat Felt. Your mats will be softer, more lively and springy . . . and they'll stay that way longer. Made of ALL-HAIR, this better, thicker, denser filler retains its resilience throughout the life of several covers. Doesn't pack down or form lumps or bumps like ordinary fillers. OZITE Gymnasium Mat Felt is safer, too. No broken needles or pieces of metal to scratch, for OZITE is felted by the Platen process without the use of needles. Laminated construction assures the perfectly flat lie that coaches and athletes like.

This OZITE label sewn on the cover of gym mats protects you against substitution . . . assures you that the filler is Genuine All-Hair OZITE Gymnasium Mat Felt.

Write for names of concerns who can supply you.



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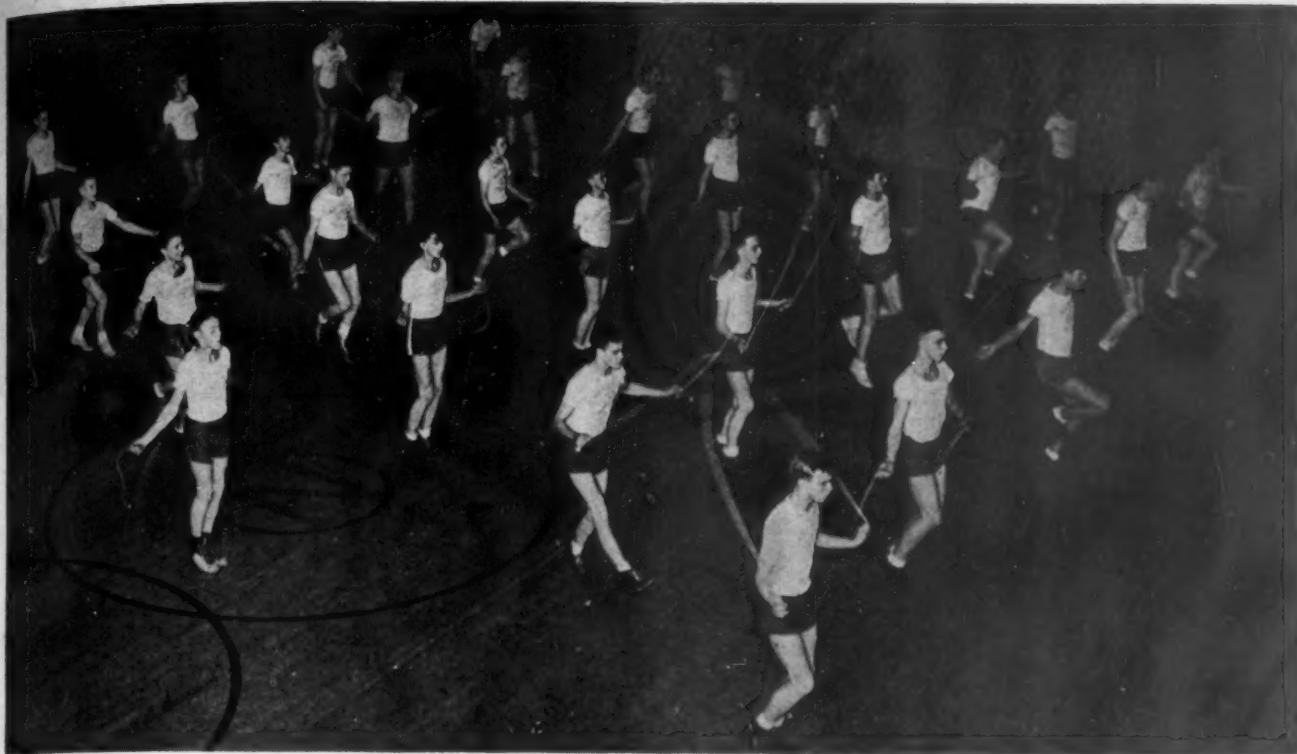
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EVERY-DAY CONDITIONING

by Orville C. Welzel

Orville C. Welzel is director of boys health and physical education in the Naperville, Ill., Public Schools.

CALISTHENICS and general conditioning have been an integral part of the boys physical education program at Naperville for over a decade. Before our entry into the war, all senior high boys were taking about ten minutes and junior high boys five minutes of exercises. Since then, each group has had its calisthenic drill period stepped up an additional five minutes.

The boys have come to realize the true value and function of the exercises. They acknowledge the fact that there is a definite relationship between the muscle and organic development attained in calisthenics and performance in the sport activities.

Secondly, they realize that calisthenics are an important source of good health, and that the digestive, circulatory, eliminative, respiratory and metabolic systems are stimulated to function properly. Lastly, they have developed a consciousness of good standing, sitting and moving posture.

Practically all the movements of the body evolve around a system of rotation, flexion, extension, tension and relaxation. Our calisthenic

drills are merely an exaggeration of these movements. It is only through a cycle of over-rotation, over-extension, etc. that our body can be properly developed to an ideal state of good muscle tone.

Each muscle movement must be repeated to a point of tiredness to insure definite helpful organic results, although precaution should be taken to prevent a state of fatigue. Through these processes the three major body divisions of muscles—namely, neck and trunk, arms and legs, abdominal and back, can be made to function properly.

Some exercises tend to concentrate on certain muscles. But we prefer those that use the body as a whole—to maintain good balance in the development of muscles.

Basic exercises

We use between 20 and 25 basic exercises which motivate most of the important big and small muscles of the body. To this group we add 20 to 30 variations during the boy's four years of physical education work. These new drills stimulate the boy's interest and aid in better performance. Boys are continually asked to face different directions, which helps break the monotony.

Each drill is given a title so that, on the command, a boy immediately

knows what is coming and can be ready for action. We have a definite start and stop position and signal for each exercise. The procedure for each drill is this—(1) Title, (2) "Position!" (3) "Get ready!" (4) "Go! one, two, three, etc." To stop each drill the command "Class halt!" is given, with a follow up of at least one extra full movement on the count. Nearly all the drills are counted out and the boys are expected to be in rhythm as a group.

We have a few drills in which only silent signals are used. These silent signal drills aid in developing alertness and good reflex action in following the leader. The silent signals are indicated by definite positions of the instructor's arms and hands.

In counting for the drill one may walk among the boys and assist them, correct faults, and criticize with appropriate words in the rhythm of the count so that the exercise isn't disrupted.

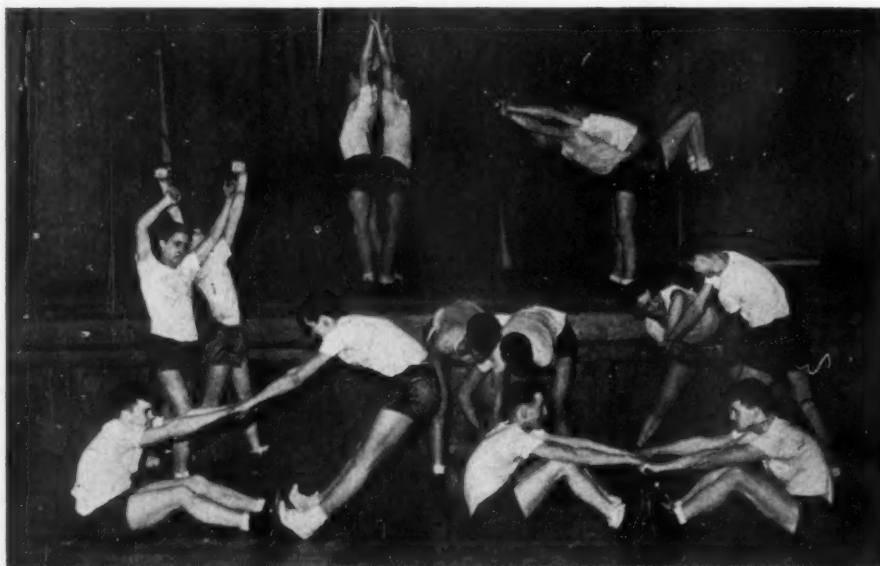
Sometimes we have gym assistants keep record of the names called during the drills. This gives us an accurate record of the loafers and the incorrect performers. The number of check marks has a direct bearing on his grade, and the boy is well aware of it. We accept only exactness in every one of the exercises; there is no half-way mark.

PUSH-UP CHART

Class →	12	11	10	9	8	7	6	5	4
55-above	1								
50-54	2								
45-49	0		1						
40-44	1	6	7						
35-39	9	8	3	6	1				
30-34	9	16	16	13	4	1			
25-29	8	7	9	15	8	3	1	2	
20-24	3	6	5	6	10	8	5	1	
15-19		0	3	3	7	5	2	10	
10-14		0	3	5	5	7	5	11	
5-9		1	2	2	4	6	7	6	
1-4			1	3	0	5	1	3	
0							2	1	
Average	36.7	31.5	28.6	24.8	20.3	14.7	11.7	12.4	
No. boys	33	44	50	53	39	35	23	34	

PULL-UP CHART

Class →	12	11	10	9	8	7	6	5	4
15-above	4	2	1	1					
10-14	10	11	13	8	1	1	1		
5-9	13	22	22	25	16	5	3	5	
1-4	3	9	9	11	10	14	8	16	
0	3	0	5	8	12	15	11	13	
Average	8.4	7.7	6.8	6.2	3.7	2.2	2.0	1.9	
No. boys	33	44	50	53	39	35	23	34	



Stick Exercises: Each row in these pictures depicts a different exercise. On top are shown the back-to-back lift (on stage), stick wrestle and sitting pull. Below are the toe tap (on stage), stick pull-away and stick balance.

These calisthenic drills are given at the close of the period following the sport activity. In this way the boy has plenty of energy to participate enthusiastically in the sport program.

When the boy has finished his fifteen-minute period of calisthenics, we want him to be perspiring freely and have a distinct tired feeling. After a good warm-and-cold shower, he will leave with a fresh physical and mental feeling.

Our drills are all placed on a competitive and progressive basis. Whenever possible the boy is encouraged, first, to compete against himself; second, against the class average; and lastly, against standard achievement scales. All exercises are set up on a 100% score basis. Many are so arranged that the perfect score can be easily attained, but there are also tough ones that require hard work.

Following is the 100% scale and the progressive requirements for each grade in both the pull-up and push-up drills in our public school system.

Grade	Pull-Ups	Push-Ups
4	1	6
5	2	9
6	3	12
7	5	15
8	7	20
9	9	25
10	11	30
11	13	35
12	15	35

Many stunts may be used to stimulate improvement. For example, in the push-up drills in the senior high, we allow a three-second rest after the fifteenth push-up, and then a continuation to the limit. We use similar rest periods in the lower grades and junior high.

One may also use various exercises to build up to the real thing. For example, in the push-up, we start with the simple arm push-up. The arms go through the straightening and bending movements, but the thigh and lower abdominal muscles are allowed to touch the floor. In the next step, we proceed to the knee push where the knees touch the floor and the back is kept straight. Finally, they are ready for the real thing.

We use many stunts in our exercises, all of which are prompted by the weaknesses that crop up.

Above are two charts showing the results of recent push-up and pull-up tests. These charts permit each boy to check his own classification and see how he rates with the class average. He may also note the performance of boys in classes above and below him.

Following is a typical fifteen-min-

ute drill period for seniors in the senior high school, including the time, number and the approximate order in which the exercises are performed.

1. 20 hip bends
2. ½ min. cradle rock
3. 25 two leg reaches
4. 5 back arches
5. 35 push ups
6. 40 deep knee bends
7. 20/20 spirals
8. 20 two leg lifts
9. ½ min. bicycle
10. 20 burpees
11. 20/20 sit-ups
12. ½ min. twirler
13. ½ min. jumping jack
14. ½ min. jump and reach
15. 1 min. standing run

Our junior high boys exercise for ten minutes, and the lower grades for eight minutes. These exercises follow immediately after our modified sport program. It takes only about thirty seconds to leave the sport activity and prepare for calisthenics, whether they are held on the football field or the gym floor.

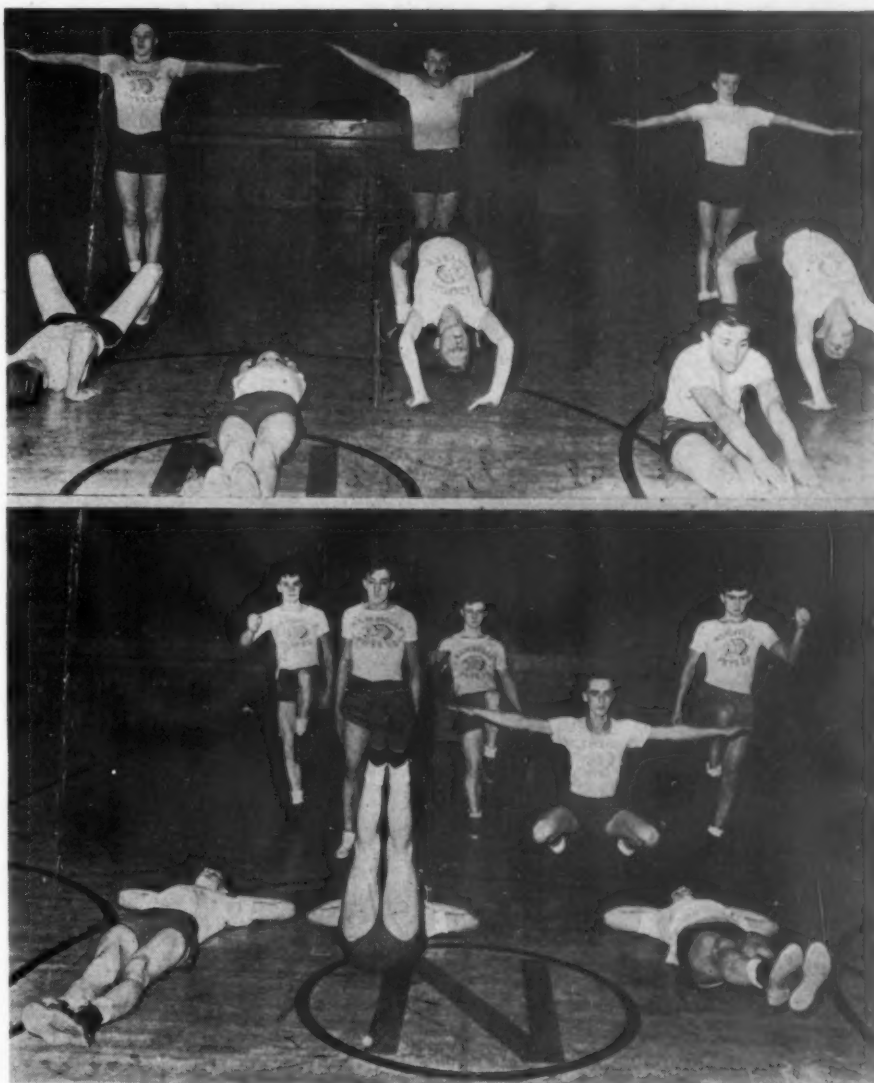
In the fall one period is given over to arranging positions, and these are kept for the school year. We designate four rows of key boys—the first and second front rows and the first and second right rows. These rows set up the proper spacing and positions; the rest of the class falls in accordingly.

We do not have the boys every day for gym, but they are encouraged to do their "daily dozen" five days a week. We do believe many boys spend extra time on the basic exercises because of their interest, achievements and favorable parental comments.

Rope jumping has an important place in our program. Each boy is furnished with an inexpensive heavy weight sash cord about 120 inches in length with knots tied at each end. The exercise, with all its variations, develops fine coordination, agility, rhythmic movements of many body muscles, good posture, and, especially, strong leg and feet muscles.

Six different rope jumping stunts are demonstrated in the picture. In a regular class period all boys perform one particular stunt to the command. All the stunts in the picture indicate the ropes revolving in forward motion. Each stunt has its own title; namely, the front row is doing the "standing run"; second row, "alternating one leg hop"; third row, "two leg hop"; fourth row, "dog run"; fifth row, "stride position run"; sixth row, "two leg jump."

There are many additional stunts: continuous hopping on one foot, moving sideways right or left for any stunt, two complete revolutions of



Calisthenic Drills: On top are shown the twirler, in which the hands are revolved in 18-inch circles, either forward or backward; the back arch; and the two-leg reach, in which the hands, from an extended position, are brought forward to touch the toes (legs are together with toes pointed). Below are the standing run (note waist-high position of knees); the deep-knee bend; and two-leg lift (elbows on floor, legs straight, toes pointed, fingers under neck).

rope per stunt, crossing the hands in front for many stunts, etc.

With reasonable mastery of these stunts, we venture into the reverse motion of the rope, which is of a much more difficult nature. You may set up interesting endurance contests for the boys, and contests involving a change of stunts without stopping the revolutions of the rope. Boys, on their own initiative, are encouraged to evolve a complex combination of stunts and are permitted to demonstrate them to the class.

Considerable time is spent on what we call combat maneuvers. We group all our maneuvers into three types: one stick, two stick, and hand-to-hand. Every boy furnishes his own stick, 36 inches long which he may get from a broom, hoe or similar gadget. These combat maneuvers give a large number of boys

actual body contact in a minimum amount of space. They are very appealing and develop the boy's muscle groups in a natural way.

A thirty-minute period of combat action gives the boy a most thorough workout; in fact, after every three or four vigorous maneuvers, we ring in contests of a more quiet nature as a rest period.

Each contest has five bouts and a champion is determined for each. One could plan a straight elimination tourney if time permitted. In our gym classes, we encourage the challenge method. At the end of the activity period, the champion is the boy with the most wins.

S. C. Staley's book of *Contests, Games and Relays* has been used as a source of material for our combat maneuvers. We have added some and modified others.

ORGANIZATION FOR TRACK COACHING

By Joe Carlo

Joe Carlo coaches the championship Woodrow Wilson High School track team of Washington, D. C.

IN TRACK, as in the other highly organized team sports, discipline, organization and planning are of prime importance.

There are two kinds of discipline, one that is self imposed by the participant and another that is imposed by the coach. Both are equally important and equally difficult to develop. And both are the product of the coach's labor and enthusiasm.

Boys expect to be made to do things. If they are not, they are disappointed. If the coach expects little or nothing from them, he will usually get just that in return.

One thing that should be constantly kept in mind is the importance of checking daily attendance. A chronic absentee is of little or no value to the team. Not only does he miss important instruction, but he loses out on conditioning that cannot be made up.

The daily check also gives the boy a feeling of "belonging." It proves that the coach is interested in him.

The weight chart offers a simple method of checking attendance. It is also important in that it provides a check on the boy's health. An excessive loss of weight is a danger signal—the boy is either working too hard or he is not training. In either case, an immediate check of his workout schedule and habits is called for.

Dual-purpose workouts

Pre-season workouts should be designed to condition the boys and to determine their best events. The workouts resemble calisthenic classes in that the boys spend their time doing such general body-building exercises as push-ups, knee bends, ground hurdling, sit-ups, trunk bending, rope climbing, leg lifts, rope jumping, and cross-country running.

After about two weeks of this, each boy chooses two events in which he would like to participate. If there are too many in some events, or if some boys have misjudged their ability, they may be directed into events where they are needed and are apt to do better.

Every boy should have a separate workout schedule. This is especially

important after the early season conditioning has been completed. The plan enables the coach to keep each boy occupied for the entire workout period.

Every minute of the boy's time should be planned from the minute he leaves the dressing room until he goes home. As an example, here is a workout schedule for a high hurdler. I planned it for my best man, who had already been working a month and a half, for the week before the first meet.

MONDAY:

1. Weigh in
2. Warm-up exercises
 - a. Rope jumping
 - b. Touch toes with hands while standing with knees straight
 - c. High kicking and bouncing exercise
 - d. Deep knee bends
 - e. Leaping in deep knee bend position
 - f. Ground hurdling
3. Jog one lap
4. Wind-sprint one lap
5. Walk one lap
6. Sprint 220 yards
7. Walk two laps and go in
8. Weigh out
9. Shower

TUESDAY:

1. Weigh in
2. Warm-up exercises
3. Jog two laps
4. Work with coach on form for starts and going over first hurdle
5. Run one lap at half speed
6. Walk two laps
7. Weigh out
8. Shower

WEDNESDAY:

1. Weigh in
2. Warm-up exercises
3. Jog one lap
4. Work with coach on form for going over first two hurdles
5. Sprint 220 yards
6. Walk two laps
7. Weigh out
8. Shower

THURSDAY:

1. Weigh in
2. Warm-up exercises
3. Jog one lap
4. Work with coach on form for going over first three hurdles
5. Walk two laps
6. Weigh out
7. Shower

FRIDAY:

1. Weigh in
2. Warm-up exercises
3. Time trial
4. Walk three laps
5. Talk with coach about time trial
6. Weigh out
7. Shower

SATURDAY and SUNDAY:

Walk about two and a half miles each day and be sure to get at least nine or ten hours sleep each night. On clear days the coach may re-

Every minute of each boy's time should be planned: workouts should start at the same time every day

pair to the track, where he can make further constructive changes. Thus, when spring really takes hold, he is able to start immediately on form—his squad is in condition and the right boys are lined up for each event.

The discipline of training is the foundation on which a coach builds. This means he should prescribe a code for foods eaten, hours of sleep and general conduct.

The boys' diet should be well balanced, with pastries, fried foods, between-meal snacks, and soda-fountain concoctions forbidden, and candy permissible only at meals. The boys should eat three meals a day, with the largest meal in the evening after the workout.

They should also get at least nine or ten hours sleep every night, and be in bed not later than ten o'clock.

Meals on the day of a meet should be very light, consisting largely of fruits, juices, toast and soup. The last food should be taken at least two and a half hours before a competitor's first event.

Social taboos

The benefits derived from observing these rules can be dissipated by week-night dates, dances, parties, and loafing with the gang at the drugstore. Social activities should be confined to week-ends, and then only to the extent they are compatible with training rules. In this connection, the coach should rule specifically against smoking and drinking.

Conditioning will often win for a coach, and he can't win without it.

Workouts should be started at the same time every day. This regularity sets a good example for the boys. Where the coach tends to be lax in anything, the boys will soon follow suit. Discipline is an indication of the coach's interest—and it is contagious.

The coach should talk to every boy to keep abreast of his development. This can be done either in the hallways, dressing room or on the practice field, and should be in addition to the team discussion held before practice.

The team discussion should be held every day so that plans for the day and the season may be made and discussed. Too often in track,

practice becomes a trip to the field for a workout and back to the dressing room.

The team discussion relieves the monotony of a hard job. If well planned, it should take only five minutes. Such details as when to take off sweat suits at meets, care of the feet, care of shoes, and rules may be taken up during this period.

At this time, also, the boys should be encouraged to work out in pairs. This tends to relieve the tedium and helps build real friendships—upon which team spirit is predicated. When a boy becomes interested in a teammate's performance, he is well on his way to becoming a real team man. Many a meet has been won by a single inspired performance—wrought by *esprit de corps*.

Posting the school and conference records is also a wise practice. It is easier to work the boys when they have something to shoot at.

Eligibility headaches may be relieved somewhat by a periodic check of the boys' classroom activity. A good way to do this is through a regular form. This may be sent to the subject teachers with instructions to fill out, offer recommendations and return. The coach may then follow up on each boy.

Meets should be held at home at least once or twice a season. This helps stimulate interest in the sport and gives the coach an opportunity to enter nearly every boy on the team.

Good score card is essential

Many coaches have difficulty keeping score, but this may be remedied through use of a score card. A good card, as shown in the illustration, enables the coach to keep track of the scoring every minute of the way and also provides him with an excellent permanent record.

Awards are also very important. They can and should be used to stimulate better performance. The school letter should be a hard-earned thing. But not unduly hard, or the boys will become discouraged. At Wilson, since we are allowed only six meets a year, we require ten points for the season or a place in the conference meet.

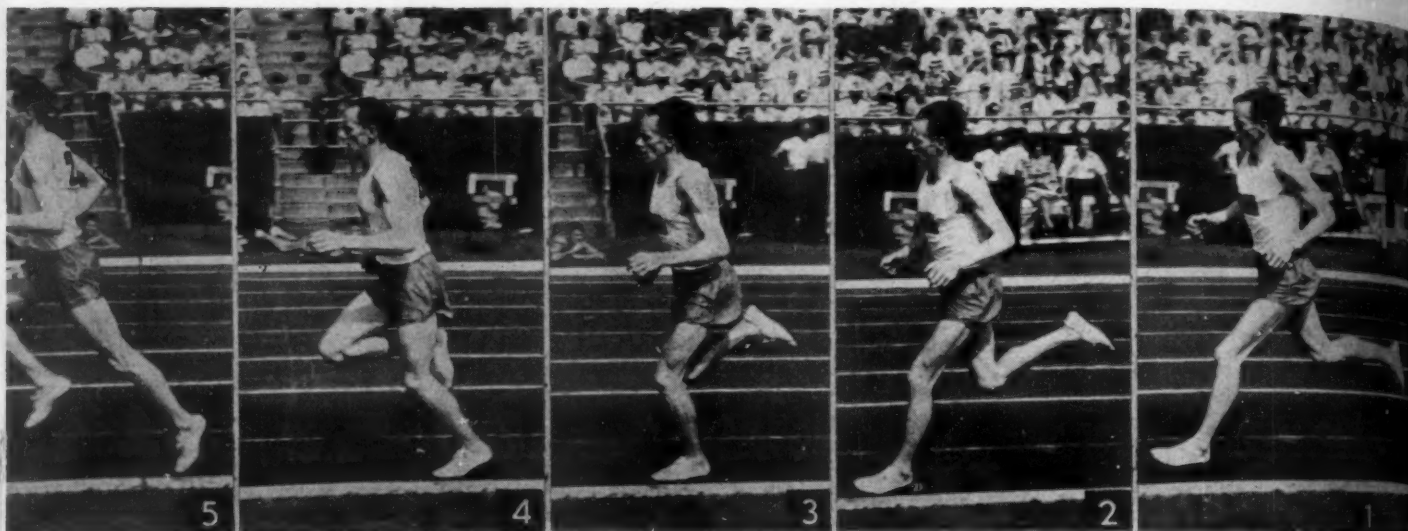
A few do's and don'ts for the schoolboy coach:

1. Try to develop every boy on the squad rather than concentrate on a few stars.
2. Though running is the essence of track, do not rely upon it as the sole conditioner.
3. The field events require condi-

TRACK AND FIELD SCORE CARD

(5-3-2-1 for places—circled figures represent total team pts. for each event)

Event	WILSON	TECH	FAIRFAX	Winners
100-Yd. Dash	(8)	(1)	(2)	1. Brewton (W) 2. Funk (W) 3. McDonough (F) 4. Piker (T)
Time	10.5			
440-Yd. Dash	(8)	(3)		1. Spadow (W) 2. Houck (T) 3. Lansburgh (W) 4. Beck (W)
Time	55.6			
Mile Run	(5)	(6)		1. Edelen (T) 2. Dodson (W) 3. Talbot (W) 4. Wiser (T)
Time		4:55.3		
120-Yd. H. H.	(5)	(6)		1. Sanders (W) 2. Ballos (T) 3. Crouger (T) 4. Humphreys (T)
Time	18			
220-Yd. Dash	(5)	(5)	(1)	1. Levenson (T) 2. Brewton (W) 3. Crowell (W) 4. McDonough (F)
Time		24.3		
880-Yd. Run	(8)	(3)		1. Butt (W) 2. Craig (T) 3. L'Hommedieu (W) 4. Ruddle (W)
Time	2:15			
220-Yd. L. H.	(1)	(10)		1. Brooksbank (T) 2. Humphreys (T) 3. Ballos (T) 4. Sanders (W)
Time		29.4		
Mile Relay	(5)	(1)		1. Wilson 2. Tech 3. 4.
Time	3:43.3			
Pole Vault	(4½)	(6)	(½)	1. Colvin (W) 2. Bentz (T) 3. Hunter (T) 4. Breisenstock (W) Jennett (F)
Height	10'	10'		
Discus	(2)	(6)	(3)	1. Paul (T) 2. Hughes (F) 3. Funk (W) 4. Kroeger (T)
Distance		110'		
High Jump	(7½)	(3½)		1. Brewton (W) 2. Colvin (W) 3. Kroeger (T) 4. Hoyett (T)
Height	5'7"			
Shot Put	(5)	(5)	(1)	1. Paul (T) 2. Funk (W) 3. Crowell (W) 4. Hughes (F)
Distance		42'1"		
Broad Jump	(7)	(4)		1. Brewton (W) 2. Lann (T) 3. Colvin (W) 4. Solomon (T)
Distance				
Team Total	71	59½	7½	1. WILSON 2. TECH 3. FAIRFAX



tioning as well as the running events.

4. Be sure the boys never look back while running; one look may throw them enough off-stride to cost the race.

5. Assign a warm-up routine for each boy to follow every day and before meets.

6. Hold workouts every day regardless of the weather.

7. See that no boy misses practice without first reporting to you (unless ill, of course).

8. Carefully select two or three managers; they will relieve you of much trivial detail work.

9. Be sure the pits are in good order before they are used. A good manager will do this every day without being told.

10. Keep the daily workouts short and snappy so that boys won't loaf or "horse around."

11. Remember you are working with individuals and that each needs different treatment.

12. Regardless of its quality, recognize a performance and com-

GUNDER "THE WONDER" HAGG winning his first race in America last summer (Randall's Island Stadium, N. Y.). His time wasn't impressive. But the manner in which he ran away and hid from Greg Rice betokened his record-breaking stints to come. He ran with a long, marvelously relaxed stride that was so light it barely made an impression in the ground! He was a picture runner if ever there was one. A study of his form offers an object lesson on body lean and shoulder, chest, head, hand, and arm carriage.

ment on it while it is still warm in the boy's mind.

13. Make sure to be on the field promptly; details concerning equipment may be taken care of after practice.

14. It is well to mention last year's team or boys, but don't overdo it.

15. Most boys are naturally lazy so don't let them get by on last year's record.

16. If changes on the team are necessary, be sure each boy knows why he is being changed.

17. Be very careful in making sweeping statements of a personal nature, to avoid antagonizing the boys.

18. Don't work without a plan; if necessary, keep a notebook.

19. Don't enter a boy in too many events.

20. Avoid too much running indoors, especially in the hallways.

21. Don't overdo time trials at the beginning of the season; it may discourage a boy who is slow in developing.

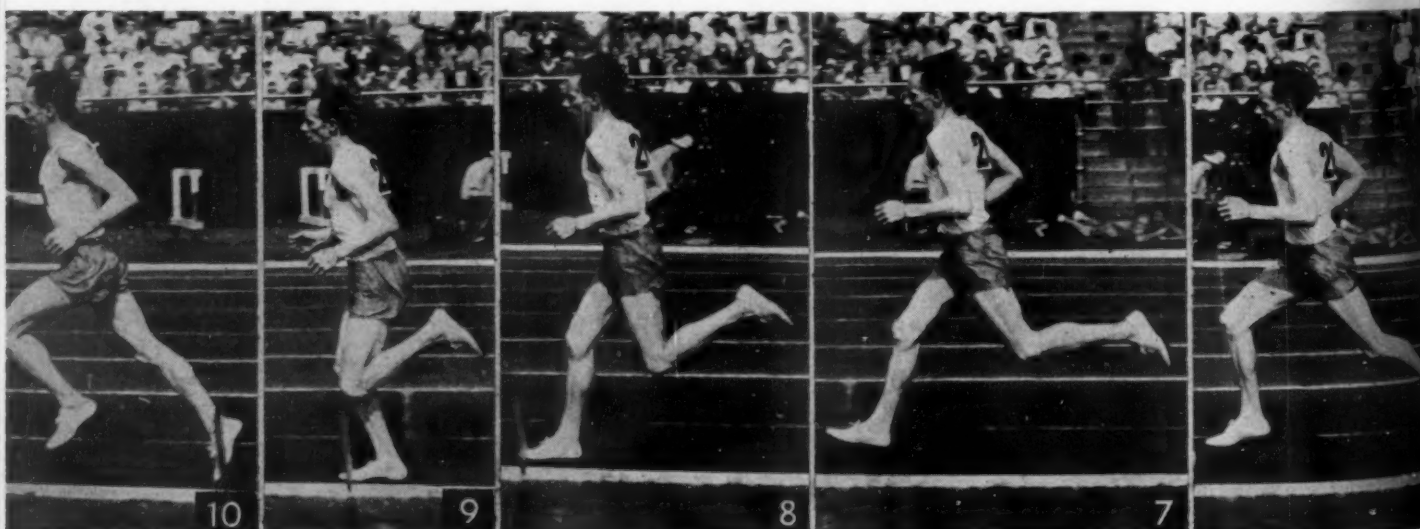
22. Don't forget that to win a team needs third and fourth place winners as well as first and seconds.

23. Don't tolerate horse play with equipment; you may lose a performer through injury.

24. Before taking boys to a meet, instruct them fully on what they are supposed to do and how they are to conduct themselves.

25. Go easy before a meet; just have the boys warm up.

26. Don't ever let a boy forget he is working for the good of the team, and not for himself.



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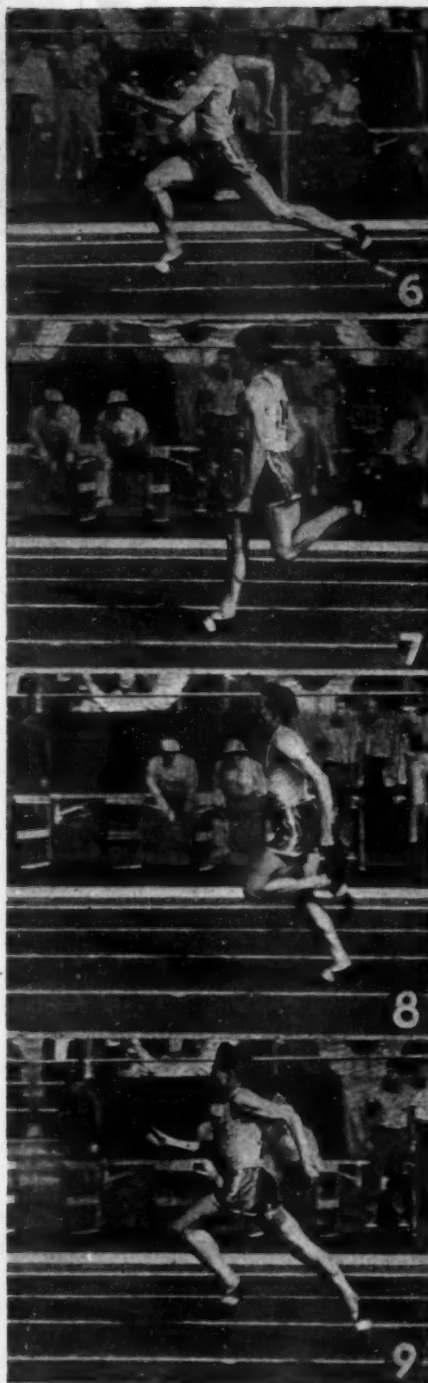
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Sprint Champion



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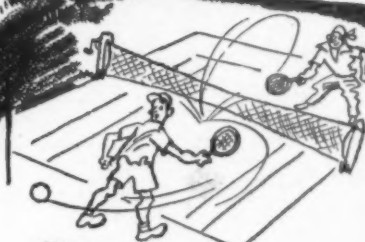
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IN SPORTS

HOW TENNIS BEGAN
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FOR "TAKE IT, PLAY!"
SPALDING MADE THE FIRST
TENNIS BALL IN AMERICA



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CONVERSE-DUNKEL BASKETBALL SUMMARY

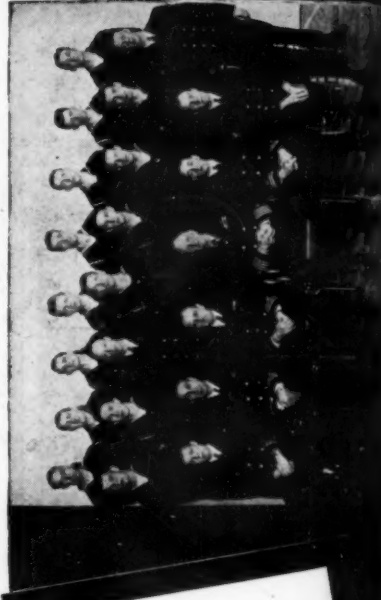
Salutes Top Hoop Teams

HERE are the nation's top ten basketball aggregations for 1943-1944, as shown by end-of-season ratings of the nationally famous Dick Dunkel Basketball Forecast and Rating System. This unique System, which covered the basketball fortunes of 534 College and Service Teams this season, surpassed its own eight-year accuracy record of 79.2 by being 80.9 percent right in forecasting — in advance — winners of this season's court contests.

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5 Leading
**SERVICE
TEAMS**

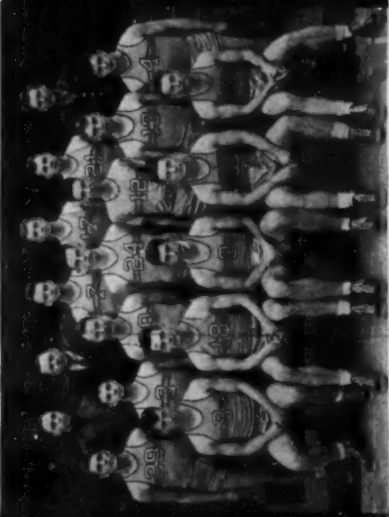


81.9

76.0



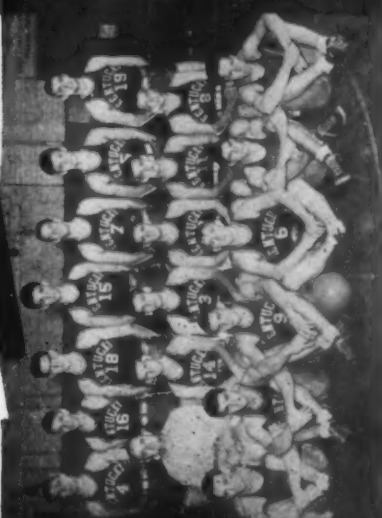
5 **Leading**
COLLEGE
TEAMS



76.9



74.3



73.5



72.3



72.2

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BASKETBALL SHOES



SUGGESTION: Detach this spread and post on gym bulletin board. CONVERSE RUBBER COMPANY . . MALDEN 48, Massachusetts

PICK-OFF THROW TO FIRST

(Pictures courtesy of Ethan Allen)

IN the 1941 world series, a young Card named "Pepper" Martin created a sensation by stealing five bases on the greatest catcher in baseball, Mickey Cochrane, of the Athletics.

At least that's how the reporters put it. The truth was Martin stole on the A's pitchers. Lulled by continued success, they had become careless about watching men on base—leaving themselves wide open for a shrewd, daring runner like Martin.

Smart baseball men know that more bases are stolen on the pitcher than on the catcher. What's more, many pitchers lose their effectiveness with men on base. Some because they can't wind up. Others because they're bothered by teasing tactics.

All this adds up to one thing—give your pitchers plenty of practice on throwing to the bases. With a runner on first, the pitcher should take the sideward stance. He should place his right foot on the rubber so that the front spike is just over the front edge, and place the left foot about 18 to 24 inches in front of the rubber. The weight should be on the back or pitching foot.

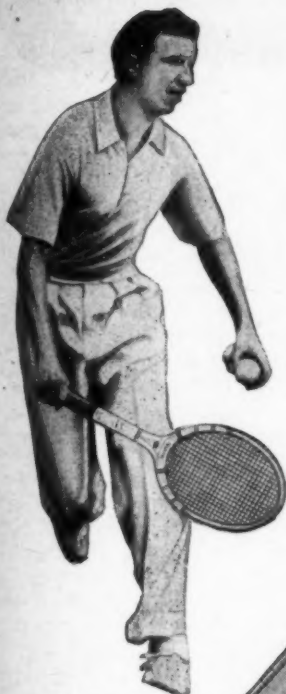
If the runner has too long a lead, the pitcher may try to pick him off with a quick throw. Note how cleverly the pitcher in these pictures does it. He stretches just as he would in pitching to the batter. His arms come to the rest position (No. 6) and he appears all set to deliver to the plate.

Not until No. 7 does he reveal his intent. He pivots on his right foot (a little hop may help here) and steps quickly toward first with his left foot, aiming his throw at the baseman's right knee. The runner, completely fooled, is an easy out.

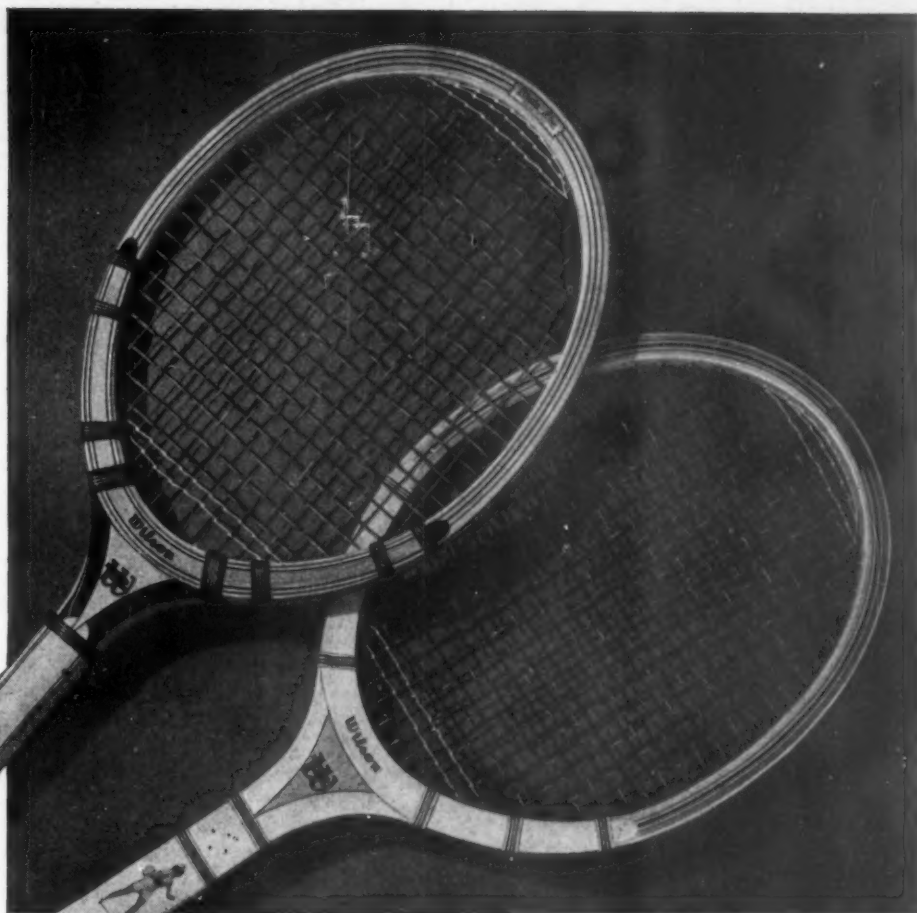
Other good ruses in pick-off throwing include: Varying the manner of throw—following up a slow throw with a fast one; throwing to first immediately upon taking position on the rubber; following an unsuccessful attempt with a quick throw—turning and throwing after stepping back on the mound. Another smart stunt is to tire out the runner with a number of consecutive throws.

It should be remembered that once a pitcher makes a motion toward first, he *must* throw the ball.





Don Budge



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The 1944 tennis season will find Wilson Tennis Equipment, favorite of leading stars for many years, still a favorite and still of the same fine quality. Wherever you find Wilson tennis rackets and tennis balls you can be sure of the best available quality at the price. Play tennis and play *your best* with Wilson equipment.

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BASKETBALL RULES CHANGES

by H. V. Porter, Secretary National Basketball Committee

MOTIVATED by the thought that a growing game must keep pace with changing conditions, the National Basketball Committee last month scrapped the idea that rules activity should be suspended for the duration and legislated three major changes into the playing code.

They are: Elimination of goal-tending by prohibiting the defense from touching the ball on its downward flight to the basket; five personal fouls instead of four and unlimited substitutions.

A summary of all the changes, with comments by H. V. Porter, secretary of the Committee, follows:

1. Five personal fouls before disqualification. For both high school and college play.

Comment: This rule was adopted after a season of careful study and experimentation. A liberalization of the traditional four-foul rule was clearly indicated. The tremendously increased action, the fact that the contact rule is more rigidly enforced and the increase in tries for goal were the chief contributory factors.

Some men contend that no player should ever be disqualified for anything except unnecessary roughness or flagrant unsportsmanlike conduct. They propose an additional penalty for every personal over the limit, with the player remaining in the game or returning after a short suspension.

Free re-entry

2. Removal of the limitation on the number of times a player may re-enter the game. The only remaining stipulation is that a player cannot be withdrawn during a dead ball and then re-entered before the ball is put in play. Conversely, he cannot enter during a dead ball and be withdrawn before the ball is put in play.

Comment: This is a natural offshoot of the removal of the communication rule, which has proven popular. The unlimited re-entry rule was used experimentally on a state-wide scale in at least one state, as well as in a number of conference schedules and individual games, with good results.

There have been claims that the removal of the limitation would lead coaches to substitute after every dead ball in the final minutes of close games. But they did this even under the old rules. In any light, it has been pointed out that a substitution cannot be made until there is a dead ball and that there are not too many of these in the closing minutes.

Minor officials, coaches and players will find the simplified bookkeeping a relief.

3. "Goal-tending" will be illegal.

During a try for goal, no opponent will be permitted to touch the ball above the level of the basket ring on its downward flight. The penalty will be the awarding of the goal.

The limitation will not apply to the offensive team. Offensive players will be permitted to handle the ball anywhere above or below the basket, provided they do not touch the net or ring while the ball is touching or is in the basket. The restriction for the defensive team does not apply to any uncontrolled bat nor to any try after it has struck the ring or backboard or after it is apparent that the try, if unhindered, will not touch the ring or enter the basket.

Comment: Action on this matter followed a study of reports indicating widespread dissatisfaction with the practice of goal tending. The new rule will not handicap the player of ordinary height or restrict the offensive activities of a player of any height.

Changes in Game Administration include:

1. Slight changes in the rule relative to legal baskets. Last year's rule limited the thickness of the net cord to 60 thread. The new rule will permit the use of a cord as thick as 120 thread. The length of the net will be limited to a minimum of 15 inches and a maximum of 18 inches. Because of war conditions, nearly any practical net will be accepted as legal.

Comment: Over the years there has been much discussion relative to the best length for a net. It is generally conceded that when nets are too long, they tend to cause delays and difficulties. Some tolerance is necessary because of the difference in shaping and the size of the mesh. For this reason a rather liberal tolerance of 3 inches is permitted.

It is recognized that most of the seine twine now being manufactured is used for camouflage purposes in the armed forces. Consequently, some basket manufacturers may find it necessary to use materials which were manufactured for other purposes. Such materials are not always pure white in color, and the thickness of the thread and the size of the mesh may be such as to make it impractical to adhere rigidly to the length and size specifications.

The same thing applies to certain nets of metal construction. In some situations, it may be necessary and desirable for contest managers to use such nets. Authority is given in the note which follows Rule 1-10 and a liberal interpretation will be used to meet wartime conditions.

2. To facilitate the work of scorers, the rules will require all teams to present a legible list of all substitutes

and their numbers, as well as the starting players, two minutes before game time. Failure to comply with this will be a technical foul. In case of entry by a substitute not on the list, penalty will be enforced when the infraction is reported to the official.

Comment: The intent is to avoid delays in connection with the anticipated increase in substitutions. Emphasis will also be placed on eliminating delays caused by substitutes reporting to the scorer and then returning to the bench before taking the court.

3. Officials will be given some discretionary power in suspending play when a player is obviously injured, even though his team is not in control of the ball. This will be done through a short addition to the note under Rule 5-8.

Comment: This is for situations in which a player is obviously injured and out of play and perhaps in need of medical attention. There is possibility of abuses, but it is the belief of the Committee that this discretionary power is a logical safety measure.

4. A slight change in the ten-second rule will confine a team's right to return the ball to back court to the situation immediately following a jump ball. In all other cases (inbounds), it will be a violation to return the ball to back court.

Comment: Extensive observation indicated that the right to return the ball to back court after a try for goal, after a throw-in from out of bounds or after recovery from control of an opponent, was rarely exercised. In the few cases it was, it led to some diffi-



Goal-tending is not new—it was one of the original sins in basketball!

culty. Neither the official nor the spectators could always remember how the player came into control.

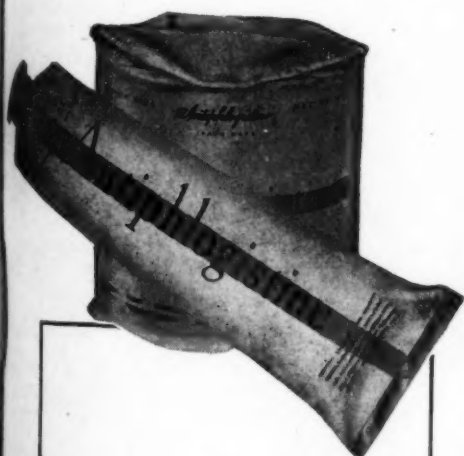
This modification will have little effect on playing procedure. It is designed to eliminate unnecessary complications in a rule which, under the best of circumstances, is difficult to

administer. Details relative to specific situations will be outlined in a supplement to the code.

Several sections of Rule 9 will be simplified and improved.

1. Last year's Section 1 will be removed and the out-of-bounds situation (Concluded on page 40)

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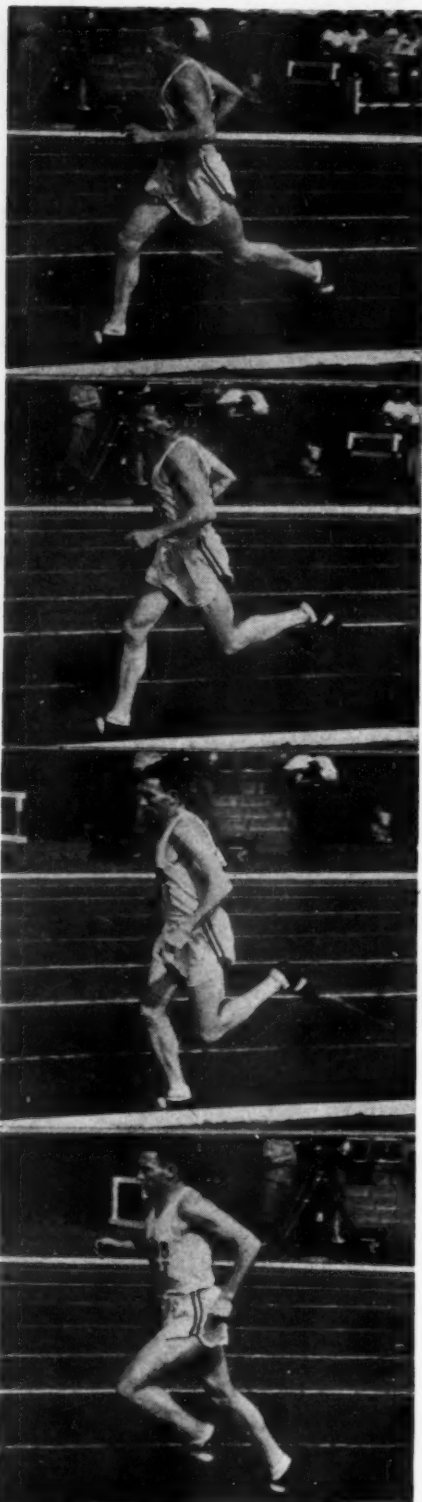
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MAY,

LOO
DIAG



LOOKIT, GANG, A BASEBALL OUTFIT — NOW ALL WE GOTTA DO IS CLEAR OURSELVES A DIAMOND AND WE'LL SHOW THOSE MARINES HOW THE NATIONAL GAME IS PLAYED!

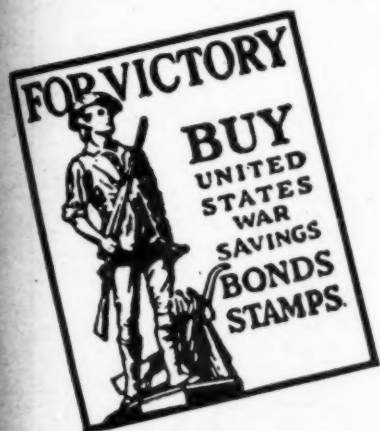
Excerpts from a letter written by Sgt. W. H. (Izzy) Smith, a Goldsmith salesman, now with the armed forces in New Guinea to R. W. Scallan, Sales Manager of The P. Goldsmith Sons, Inc.

Dear Dick:

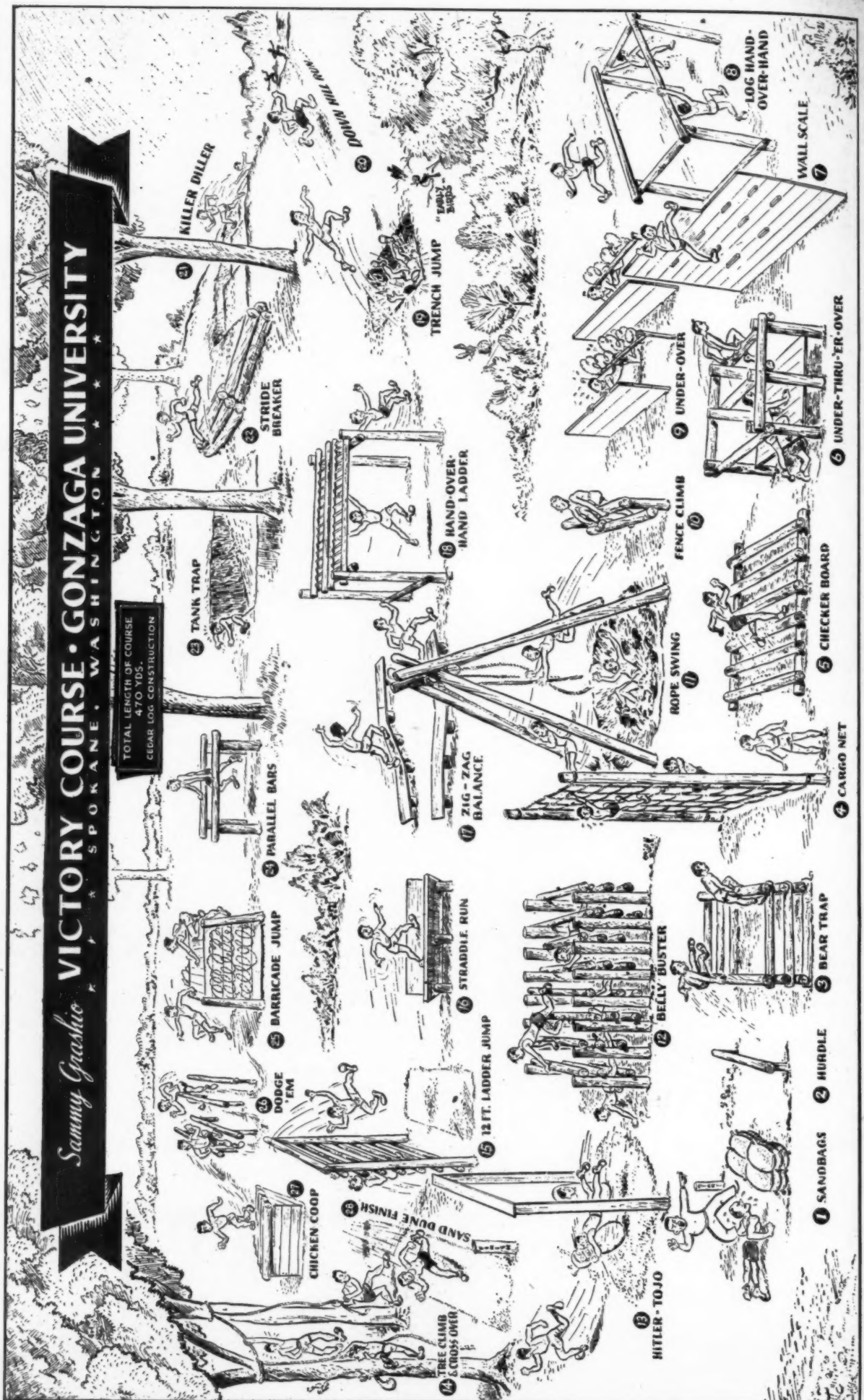
Remember my writing you about the baseball diamond we cleared out of the jungle in New Guinea? In four days we were playing on it and at present it is almost as good as the diamonds back home. . . . There were so many teams that it (the field) was limited to battalion teams only with a time limit of one hour and a half per game. By the way, we played with the favorite ball of the soldiers here in New Guinea, the good old Goldsmith Official League No. 97. . . . It is hard to estimate the value of this field. It is worth ten times the man hours it took to build it. . . . It has boosted the morale one hundred per cent. Night softball, touch ball and track meets are also on the program for the future. . . . This is a mighty good spot to come to rest up for the second half of the game with the Japs in the near future.

(Signed) IZZY

Remember, if athletic equipment is not available to you, it is doing double duty on the home front, the high seas and every far-flung outpost of the world.



GoldSmith
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SPORTS EQUIPMENT
CINCINNATI 14, OHIO, U. S. A.



MAY, 1941
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MAY, 1944

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GONZAGA'S MODEL OBSTACLE COURSE

by Arthur L. Dussault, S.J.
Athletic Director, Gonzaga U.

ON the facing page is a bird's-eye view of Gonzaga U.'s famous obstacle course, named in honor of one of Gonzaga's most illustrious war heroes, Capt. Sammy Grashio, who made "the march of death" on Bataan and escaped to tell about it.

Considered one of the toughest and most rugged courses in the country, it affords vigorous exercise and a definite challenge to the V-5 Cadets and V-12 Reserves who use it in basic training. The course is 470 yards long, embraces 28 obstacles (several set in concrete) and is designed to test the individual's every muscle, as well as his stamina, agility and coordination. The distances between obstacles follow:

No. 1 to No. 2 (Hurdle, 2½ ft.), 10 yds.; to

No. 3, 11 yds.; to

No. 4 (Cargo Net, 18 ft.), 8 yds.; to

No. 5, 4 yds.; to

No. 6 (Under-Thru-'Er-Over, slide under, duck-waddle thru, or over and under top bars—3 bars shown, actually there are 5), 10 yds.; to

No. 7 (Wall Scale, 8 ft. for college, 6 for h.s.), 10 yds.; to

No. 8, 10 yds.; to

No. 9 (Under Over, 4 ft., 2½ ft., 4 ft.), 12 yds.; to

No. 10, 11 yds.; to

No. 11 (Rope Swing, 26 ft. high), 15 yds.; to

No. 12 (Belly Buster, logs about 28 in. apart), 10 yds.; to

No. 13, 10 yds.; to

No. 14 (Tree Climb & Cross Over, 14 ft. high, 14 ft. across), 15 yds.; to

No. 15, 14 yds.; to

No. 16, 10 yds.; to

No. 17, 9 yds.; to

No. 18, 10 yds.; to

No. 19 (Trench Jump, 5 ft.), 10 yds.; to

No. 20 and down, 15 yds.; to

No. 21 (5 bunkers of varied height), to

No. 22, 10 yds.; to

No. 23, 10 yds.; to

No. 24, 12 yds.; to

No. 25 (Barricade Jump, 5 ft.), 10 yds.; to

No. 26, 14 yds.; to

No. 27, 9 yds.; to

No. 28, 5 yds.; to

Finish.

Four minutes are considered good average time for the course. The record is 2m. 47s.

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for PEACE as well—

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BADMINTON FLEECE

PUBLICITY PAYS

by Donald H. Burum



VICTORY SEAL appeals alike to coaches and to school board managers. Its slip-proof safety makes for faster team-play. Its endurance and economy reduce maintenance costs to the minimum. The best gym floor surface seal you can buy today. Try it.

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WHAT HAS HAPPENED TO PYRA-SEAL?

The synthetic resins and vegetable oils of the types used in the manufacture of PYRA-SEAL and similar pre-war gymnasium floor seals are needed for war production. Restricted under government order. No longer available for manufacture of floor seals. After the war—or when restrictions are lifted—PYRA-SEAL WILL BE BACK.

VESTAL
CHEMICAL
LABORATORIES, INC.
ST. LOUIS NEW YORK

Donald H. Burum, publicity director of East Bakersfield, Calif., High School, points out the need for a good public relations program for secondary school physical education departments, and suggests two plans for achieving the desired results.

JUST what do the people of your town or city know about your physical education program? They are up-to-date on the wins and losses of your school teams—the sports writers see to that. But what else do they know about your setup?

These are critical days. Schools, as well as other public institutions, are being re-examined closely by parents, taxpayers and others who want to know if they're getting their money's worth. Undoubtedly you offer your students a modern, healthful and well-rounded program of physical training. But have you let the people who pay for it know about it?

"How can I do that?" you ask. "I have neither the ability, the time, nor the inclination to turn journalist over night." The answer is simple—you don't have to.

There are several ways of getting your department publicized in the local press. The first plan is to convince the sports or news editor that you do something during the year besides turn out championship teams in football, basketball, track and baseball.

The next time you sit next to that editor at a service club luncheon tell him about your "commando" training course, about your periodic health checkup of every boy by a doctor, or mention the noon recreation program now underway. The latter two subjects are particularly timely now that such stress is being placed on the necessity of physical fitness and the curbing of juvenile delinquency. Watch him perk up his ears.

Chances are that the editor will be glad to send a reporter out to get the story. Believe it or not, the alert news or sports editor is constantly in search of something new, something that his readers don't know about. Undoubtedly he'll send along a cameraman, too, if there's a picture angle. From then on, whenever you see the possibility of a story, just give the editor a ring, and he'll do the rest.

But a word of caution here. Newspapermen are mighty busy these

days, so be sure you have everything lined up for the reporter and the photographer when they come. They'll appreciate the consideration, and will be glad to repeat the visit the next time you call.

In fact, you'll be surprised how many times the paper will welcome your story suggestions and will act on them. And you will also be surprised at the prestige and good will you will build in the opinion of fellow educators, parents and friends of the school.

The second plan, and the best one, can only function when the school has its own public relations man. More schools than you think now employ the services of such a person. Of course the publicity man or woman is usually a part-time worker or a regular instructor, usually the journalism teacher, who is relieved an hour or so a day from classroom duties to handle the work.

An hour a day

The author of this article works under such a system. One hour a day he writes the news of the school for the town paper, which, because of the manpower shortage in the reportorial field, is particularly glad to get the news written in good newspaper style and available for immediate use without checking, editing or re-writing.

Since the author is also an amateur photographer, pictures accompany many articles. During the past year alone, more than 1,200 inches of copy and pictures have been used in the two local newspapers. Much of that copy has dealt with the physical education department.

Under this system the coaches merely suggest the possibility of a story and the publicity man takes over from there. Oftentimes the publicity writer sees the opportunity for a story before the coaches do, and he consults with them on the subject.

What kind of stories are there in the physical education department besides the regular athletic news? Here are several ideas. Although not particularly important, the items are brief and do keep the name of the school and the work of the department before the public.

East Bakersfield High School boys enrolled in physical education

classes will see two movies next week in conjunction with the class-work. Don E. Shoup, chairman of the physical education department, announced today.

Pictures to be shown include a one-reel film on "Commando Training" and one entitled "Physical Fitness in Wartime."

For the first time in the history of the school, three girls have signed up for the East Bakersfield High School golf team, it was revealed today by Victor C. Manley, physical education instructor and golf coach.

The three girls are Clarisse Richaud, Patricia Milloy and Doris Maples. Declaring that golf is one of the best sports in which students may participate in later life, Manley today issued a call for more recruits of both sexes.

Here is an example of a longer story, one that was read, enjoyed and commented upon by many persons in the community who "didn't know they did that in high school nowadays." It was accompanied by a picture showing the boys listening to a health department speaker.

Physical education classes in East Bakersfield High School are far different from those which "Dad" attended in his high school days, and were he to go with Johnny to his gym class today, he would be amazed at the broadened

concept of body development as taught in the modern secondary school.

In the old days Dad never heard of the word hygiene except in his biology classes, if then. Now Johnny studies it several days a week as part of his physical education course. For, as Coach Don E. Shoup, head of the East Bakersfield High School physical education department, pointed out, "The mental attitude in regard to health, as well as the physical, is most important, and instruction along this line must go hand in hand with the development of the physical self."

All East Bakersfield High School boys must take physical education courses. Monday and Fridays the students play in regular gymnasium classes, but the other three days of the week they meet in the special exercise room of the school for hygiene instruction. This system of work will be in effect for six weeks, after which the boys will return to the five-day outdoor exercise period.

The hygiene course is divided into two sections: an upper division for all juniors and seniors, and a lower division for freshmen and sophomores. Different textbooks, adapted to the needs of the particular age level, are used in the two courses.

Be Healthy, by Katherine Brudlerlin Crisp, is used in the lower division work, while *Health and Human Welfare* by Burkard, Chambers and Maroney, is studied by the upper-classmen. Accord-

ing to Mr. Shoup, both texts are the very latest in the field. The texts are supplemented by pamphlet material, library reading, and moving pictures.

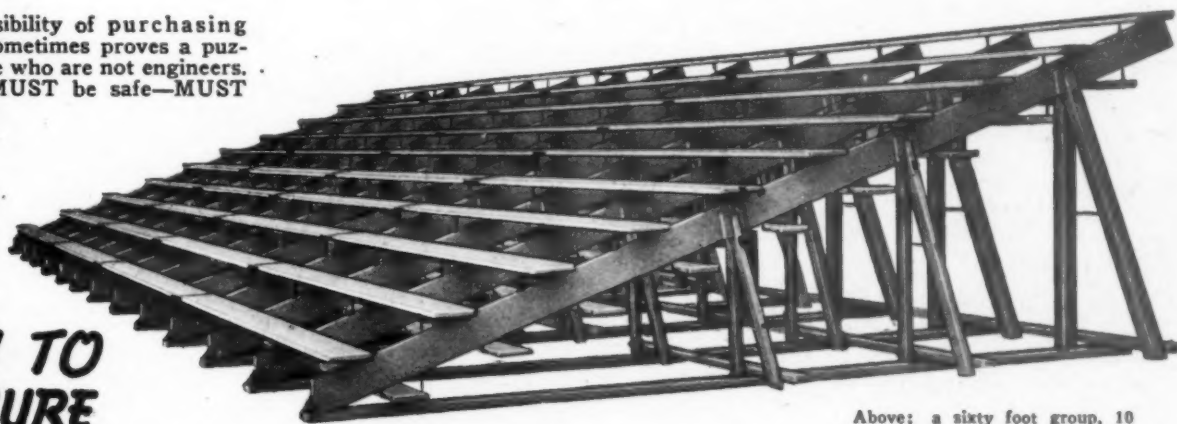
In addition to the classroom and library work, outside speakers are brought in to discuss particular problems of hygiene. Recently Dr. Buss, director of the Kern County Communicable Disease department, spoke to the groups studying communicable diseases.

"All in all," Shoup said, "the high school boy of today has a great many advantages that Dad didn't have, and the instruction that he gets in hygiene, coordinated with his physical education course, is a very important and valuable one."

And here is a suggested list of other topics which will make good stories for your local newspaper.

Noon recreation tournaments start; Intramural sports program opens; Results of physical examinations by doctors; Special physical education classes for the handicapped; New equipment added to department; Coach defines football terms for the girls; Athletes awarded letters in special assembly; Body-building calisthenics program inaugurated; Proficiency tests given to all boys; and Coaches explain physical education program to Parent-Teachers group.

The responsibility of purchasing bleachers sometimes proves a puzzle to those who are not engineers. Bleachers **MUST** be safe—**MUST** be durable.



Above: a sixty foot group, 10 tier extended type bleacher with a seating capacity of 440.

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We here salute those schools and those coaches who are carrying on their athletic schedules—even though these may of necessity be restricted. There is no better preparation than physical-contact sports for whatever our boys must tackle.

But when it's all over "over there" . . . well, nothing can hold back the dawn of a better day for us all.

Athletic Socks for All Sports



We at Sheboygan are today working for the Army and the Navy, and furnishing our Government a very high percentage of our total output, and at the same time endeavoring to take care of normal trade requirements.

Due to this fortunate fact, most Sporting Goods Dealers are still able to handle reasonable requisitions for our products. Thus we hope the dealer nearest you may have stock to cover your needs.

In any event, having made every possible effort to take care of the trade, we cannot this year handle your orders through new dealers. So see a Wigwam and Badger Dealer—but see him early.

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OUR FLIERS ARE FIT!

by Dr. Peter V. Karpovich

An old-time contributor to "Scholastic Coach," Dr. Peter V. Karpovich is now attached to the Research Section of the School of Aviation Medicine at Randolph Field, Tex.

THE spectacular record of our Army fliers may be attributed to three major factors: the superiority of our aircraft, fine training and courage of the highest order.

We all know that flying imposes a severe strain on the human organism, and that a high degree of physical fitness is necessary to meet the demands of the machine.

This fitness stands the fliers in good stead in emergencies. Miraculous stories are told by men returning from forced landings in wild and remote places. They land on the sea, in the jungles, or in "civilized" hostile territory; their aircraft may be disabled; yet somehow they come back.

There is a common element in these stories: the boys who come back have endured extreme physical hardship. Riding on a raft in a stormy sea is like riding a bronco but it lasts much longer. Going through the jungle is like going over an obstacle course which seems to have no end, and going through hostile territory is, in general, like an endless game of hide-and-seek.

Only a couple of years ago it was fashionable to speak of the softness and unfitness of American youths. When the war broke out the question that faced our military was: Could these "softies" be changed to "toughies"? The answer has been "yes."

Miracles ahead

It would be untrue to claim that this is being achieved wholly through rejection of the unfit. This is one of the most important methods, yet it does not tell the whole story. In the air force, the change in the physical condition of the students from the time of induction until they receive their hard-earned silver wings is striking.

Many of these boys enter with soft muscles but with a strong desire to fight, to avenge Pearl Harbor and Bataan. This spirit is their main support in going through the arduous training period. Meanwhile the muscles grow firmer and stronger, and the softness disappears. By the end of pre-flight school, the one thing they definitely are not is soft.

Here is a simple experimental proof. Stand in front of a chair, put one foot on it, and then step up and down with the other foot 40 times a minute. See how long you last. An average pre-flight cadet will last three minutes; some can go as long as ten. What is your record?

Or lie down on the floor, put your feet under a dresser, clasp your hands behind your neck, and then sit up. An average pre-flight student can easily do 54 sit-ups, some do several hundred.

Or try to chin yourself; the average cadet can do this six times, some as many as 25 times.

How about running 300 yards on a 60-yard lane? An average cadet will require just 53 seconds.

Basic test items

These last three items—the sit-ups, chinning, and shuttle-run, are being used by the Army Air Forces as an official Physical Fitness Test for personnel. One might ask why these particular items have been chosen. The answer is that a complicated test cannot be used when there are thousands of men to be tested. Through numerous experiments it has been found that these three items evaluate the type of physical fitness needed by a soldier.

It is reasonable to expect a man to have sufficiently strong arms and shoulders to pull himself, or his buddy, out of a dangerous position; and strong abdominal muscles seem to be helpful in combatting blackout. The 300-yard dash tests the condition of the heart. A man with a strong heart can exert himself more with less risk of suffering from anoxia at high altitude than a man with a weak heart. These items of physical fitness measure what is called "stamina," which is so important in combat flying.

The official Physical Fitness Test is given to each student twice in each of the several flying schools he attends. It is usually given during the first and last week of the school periods. The progress of each man is recorded on a special card, which is taken by the student to the next school. In this manner, continual supervision over the student's physical development is maintained and special attention is given to those who fail to progress satisfactorily.

One may ask: "How is this state of physical fitness reached?" It is

attained through systematic physical training, well supervised and well planned. The time spent on physical training is one of the answers to why the training is so effective. Each student is required to take a minimum of six hours a week of physical training. For the officers, the minimum is three hours a week on three separate days.

The program itself may be divided into three main parts: (1) conditioning activities—calisthenics, running, obstacle course, cross-country, guerilla exercises; (2) recreational activities—team games such as basketball, volleyball, tennis, and baseball; (3) instructional activities with military implications—swimming when facilities are available, elements of hand-to-hand fighting, tumbling, and carries.

Accent on running

In pilot training, from the classification center through advanced training, an average of 29 percent of the time allotted to physical training is devoted to calisthenics, about 34 percent to running activities, and 17 percent to competitive games.

The length of each calisthenics period varies from 10 to 20 minutes, and may be greatly extended when inclement weather prevents outdoor activities. This type of exercise is not extremely popular but it seems to be an economical and effective method of developing all the muscles systematically. Physical training instructors have made considerable headway in enlivening calisthenics, and there are flying schools where calisthenics are well liked by the students.

Running represents an essential part of physical training. It may be given as such or in the form of games like basketball, volleyball and so on. No system of physical training is complete without running. Tests conducted on soldiers who used gymnastics exclusively showed that they were not proficient in running, and a soldier has to hike and run more frequently than he has to climb trees.

Facilities for physical training vary in different schools, and an effort is made to adapt the program to the available facilities. Seasonal conditions also are encountered. Most of the swimming pools available are of the outdoor type, and for this reason swimming is emphasized more during the warm months.

Demonstrations are given in "functional" swimming, for it is important for men to have a knowledge of

(Concluded on page 35)

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"HIKER'S" SHIN SPLINTS

by Cpl. Robert DeRoo

Before entering the service last May, Cpl. Robert DeRoo coached track and taught kinesiology and corrective gymnastics at North Central College in Naperville, Ill.

NEARLY a thousand miles of hiking in this "mechanized" army of ours has given me an intimate knowledge of a new type of shin splints—"hiker's" shin splints.

I say it is a new type because, having been a track man myself as well as a coach for six years, I can vouch for the fact that hiker's shin splints are different from the track or basketball variety, although the seat of the trouble is the same—that touchy old interosseous membrane between the tibia and the fibula. It seems that nature slipped up in making this membrane the attachment for too many important muscles.

In basketball or track, a man runs on his toes. Consequently, the jarring or pulling that tears the muscle from the membrane is generally believed to be due to a weak arch.

However, in hiking, the heel strikes the ground first, and it is hard to see how the arch could be blamed for causing shin splints.

My theory is that the actual cause of hiker's shin splints is a pulling of the interosseous membrane by the tibialis anterior, a muscle which is forcefully and mechanically stretched every time the heel hits the ground. For, every time the heel hits, the whole weight of the body snaps the foot into an extended position.

Ordinarily, as every student of kinesiology knows, muscles that are required to stretch will automatically relax when their opponent contracts. In walking however, the triceps* of the leg are themselves relaxed at the time the heel strikes. Moreover the tibialis has just been in contraction to elevate the foot in the forward swing of the leg. Consequently, when the heel lands instead of stretching readily, the tibialis resists and transmits the pull all the way up to its origin, part of which is the tender interosseous membrane.

As an experiment, by way of proving this theory, I have tried planting the ball of the foot first. Sure enough, this cleared up the shin splints. Of course on a fast hike,

*In speaking of the triceps of the leg, the author refers to the gastrocnemius and the soleus, both of which have the same insertion—the tendon achilles.



When the heel forcibly hits the ground, the ankle acts as a hinge—snapping down the front of the foot. At this point the tibialis is in mild contraction and the gastrocnemius and soleus are relaxed.

this would be an impractical method of walking.

I have tried to illustrate in the accompanying diagram how the shock is transmitted from the heel to the tibialis.

In support of my theory, I offer the following summary of facts:

1. The pain is definitely in front of the leg at the origin of the tibialis anterior.
2. Muscles generally pull at their origin.
3. A muscle is more likely to be pulled by the action of an outside force than by its antagonistic muscle.
4. The tibialis anterior has just been in contraction and therefore will not stretch readily.
5. The muscle is strong in comparison to the interosseous membrane to which it is attached; consequently, instead of a pulled muscle, there is a tearing of the membrane.

For relief of hiker's shin splints the best suggestions I can make are: (1) to warm up the leg muscles well before starting a hike, with heel-raising exercises; (2) to use transverse circular taping over the belly of the tibialis anterior; and (3) to tape the ankle in a partly elevated position similar to the position in which it is taped for a sprain.

Of course, prevention is better than relief, and my only suggestion there is to "Join the Navy."

Fliers Are Fit

(Continued from page 33)

and to be able to perform swimming activities of military importance. Where the soldier knows how and when to jump from a height when forced to abandon a torpedoed ship, how to swim under water so that he can avoid being burned by floating oil, and can inflate his barracks bag or his trousers for use as a life preserver, he may save himself from injury or death.

In planning the program, the military physical training instructor always has to think in terms of hundreds and thousands of men. The underlying philosophy is to take care of all men rather than pay too much attention to those who are already in excellent condition. For this reason emphasis is laid on the intramural type of activity, so that everybody can participate.

Besides making a flying student physically fit during training, it is important to instill in him an interest in some sport or game which he can use in combat zones, where formal physical training is usually replaced by informal games.

(An interesting study on the popularity of sports in the Army Air Forces appeared in last month's *Scholastic Coach* under the title, "A.A.F. Sports Poll," by Lt. A. F. Byrnes, director of Cadet Physical Training at Coffeyville, Kans.)

Games obviously have a great element of fun, and fun is a motivator which stimulates the participant to go all out. This is especially important in a combat zone where the recreative element is predominant and men play for fun.

Fun is a powerful means of relieving the mind of disturbing thoughts. It acts as a sedative in combination with strenuous physical activities. These games must be of the most simplified kind so that only minimum equipment and facilities are necessary. The element of competition should be skilfully stimulated. Competition will change the most prosaic game, such as throwing rocks into a small square traced on the ground, into an exciting contest.

Thus we see that the aim of physical training for Army flying personnel is to develop better fliers and better soldiers. The muscles are strengthened, endurance is increased, and proficiency in natural skills such as running, climbing, and jumping is improved so that the men can fly higher, dive faster, fight harder, withstand fatigue longer, and come back safely.

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What's the secret of success in track? We always thought it was getting to the tape ahead of the next guy. But Jim Herbert, the great middle-distance star, says it's sleep. All great runners have been heavy sleepers, he claims. Glenn Cunningham used to get 14 hours sleep a night. Gil Dodds is a 10 p.m. sleep hound. And there is Bill Hulse. Bill was invited to be on a radio program last month, but he turned it down when he found it went on at 9:15. His bedtime is 9:00!

Herbert worked nights for years as a mailman and was a champion runner, too. But two years ago he was supposed to be washed up. This season he gave up his night work, started getting 10 hours sleep a night, and is running faster than ever.

Paul Ward, director of physical training at Austin College, Sherman, Tex., has a new game that he swears by as a conditioner for boys from junior high age to service trainee. His classes really go for it and all the equipment it takes is a medicine ball and a basketball court, any size. If you're interested in the few simple rules and the procedure for this game—Crab Soccer—send a self-addressed, stamped envelope to Mr. Ward.

"King Kong" Klein, basketball coach at Tenafly, N. J., Junior High, chortled with glee this season when he noticed a 6-5 sophomore among his team candidates. Here, he thought, is a fellow who can lead us to a championship.

The payoff came in the first game when the giant's man scored three



quick baskets in a row. The big fellow immediately called a time and rushed to his disgusted coach on the sidelines. "Coach!" he exclaimed. "On defense, tell me, between the man and whose basket do I play?"

So the King took the big fellow out and cooled him off on the bench. Then he put him back in. The first thing the kid did was follow up an opponent's shot.

He went up and tried to bat the ball in, and missed. He went up again, and missed. And still again, and still missed. After the play—needless to say—he found himself once more on the bench. His apoplectic coach screamed, "What's the matter with you? Don't you know you were shooting at the wrong basket?" The kid looked up. "Gosh," he moaned, "that makes it worse. I can't even score for the other team."

Here's one for the football archives from Tom O'Reilly, the Marshall Field Publications columnist:

"In the World War I days, the big game down home was always on Thanksgiving Day between F. & M. and Gettysburg. In 1913 both teams were undefeated and had great drop-kickers. Gettysburg's ace was a bow-



legged Dutchman named Bream. F. & M. had Sammy Yohn, who kicked so many points after touchdowns at Lancaster High (I think it

was 69) that he appeared in one of Ripley's earliest cartoons.

"Neither team could advance beyond the other's 15-yard line. So in the first quarter Bream drop-kicked a field goal. In the second, Yohn tied it

up. In the third Bream drop-kicked another. In the fourth Yohn tied it up again. On the very last play of the game (the whistle sounded as the ball was passed from center), the leather went to Captain Don Cragin of F. & M. on the 50-yard line. The signals called for a punt. But the game was over and he had nothing to lose. So he tried the first dropkick of his career—and made it!"

When Mickey Cochrane was managing the Detroit Tigers, he went wild one day when Gee Walker was caught off second, preventing the Tigers from tying the score. The next day he told the players it would cost the first man who got caught off base \$50. Well, the first man caught off base that afternoon was Mickey Cochrane!

Jimmie Dykes, the White Sox braintruster, once found himself in a similar predicament, be-



Drawn by
Kate Tracy

ing caught napping one noon against the Yankees. As he came to the bench, Jimmie looked at the players—who were dead silent—and said, "Say it you guys, say it. Not one of the players uttered a word. 'Go ahead, speak up, you guys, don't be afraid,' insisted Dykes, irked at the silence.

Mule Haas, the White Sox coach, then interpolated. "They haven't anything to say, Jimmie. They said it all as you were coming to the bench."

Rip Sewell's announcement that he was developing a new pitch even slower than his famous blooper moved Joe Medwick to crack, "He'll have to carry that one to the plate."

We like the one Bobby Jones tells about Frank Crowninshield, the famous retired magazine editor. A terrific clouter with a pencil, Crowninshield was a dub with each and all of his 14 golf clubs. Since he was deadly serious about his game, he appealed to Jones for help. Bobby played a round with him, observing his form very carefully. After it was over, Crowninshield queried anxiously, "Well, what do you think?"

"Frank," reported Jones grimly, "there's hope for you. You have eight things wrong with your upswing, but you correct four of them coming down."

A reporter's toughest chore is writing a lead—a good introductory paragraph. It must contain the essentials of the story—who played, who won, when, where, etc. Good reporters seldom slip up on these vital details. When they do, it usually has humorous repercussions.

When the late Heywood Broun was a baseball reporter, for example, he once wrote a beautiful story. It had style, wit, charm—each word was a gem. But there was one slight omission. Broun forgot to tell who won! From then on he maintained a standard lead which went something like this: "The N. Y. Giants beat the Pittsburgh Pirates, 6-4, at the Polo

Grounds yesterday." Only then did he start with the style, wit, charm, etc.

The immortal Ring Lardner authored scores of classics. But none better than his lead on the opening game of the 1925 World Series in Pittsburgh between the Pirates and the Senators: "The Pirates and the Senators opened the World Series here today, but I don't know who won. I was sittin' next to Graham McNamee, but he was broadcastin' a different game than the one I was watchin'. Maybe it was a double-header."

Few people know that Lawrence Stallings, the author of *What Price Glory?*, covered the famous Pennsylvania-Illinois game in which Red Grange gave one of his most glittering performances. Despite a muddy field, Red scored four touchdowns on long runs. Stallings started lead after lead, but none seemed, in his judgment, to do justice to Grange. Finally the author, who had gone through the world war and lost his leg in it, slammed his typewriter shut and said, "I just can't write it. It's too big for me."

Who is this guy Vander Meer? Down New Orleans way there's a curly-haired schoolboy who has trained a baseball in such a fashion that nobody can hit it. Dick Callahan's

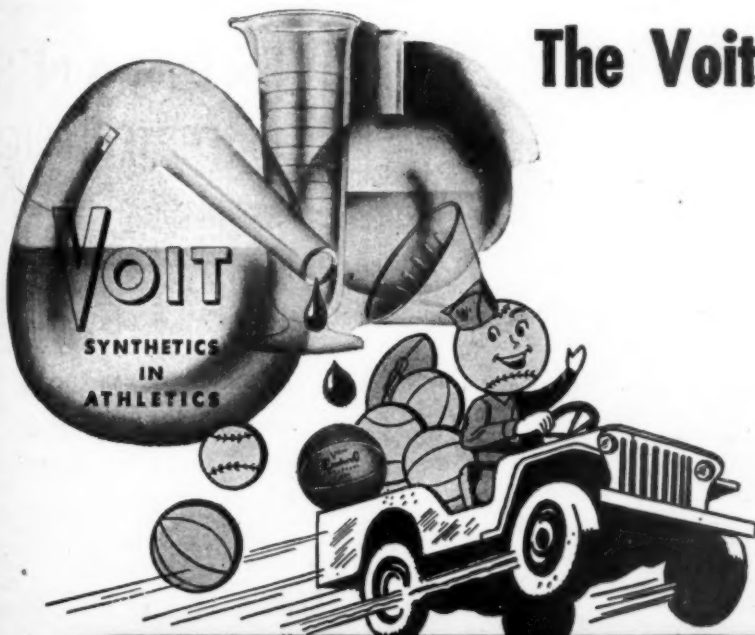
the name and he pitches for Holy Cross High School.

In his first two starts, he came through with hitless, runless jobs. Only one batter was able to bump the ball out of the infield and Dick fanned 26. In his third start Dick suffered a relapse. He pitched a 12-inning shutout but gave up one hit. He fanned 20.

A wonderful little note recently crossed our desk, to wit: "Dear Sir, I would like to have two championship tennis balls. Enclosed find 25¢." This was just after we read that Captain Dick Seeler, former ranking Eastern player now stationed in Iran, had to pay \$2.50 each for a pair of five-year-old balls!

Two big leaguers we're rooting for this season are Preacher Roe, Pirate southpaw, and Don Gutteridge, Browns second baseman. Both are school men; Don at the Pittsburg, Kans., Junior High, and Preacher at Melbourne, Ark., High.

Nobody is either too young or too old to play baseball this year. When Gutteridge reported for spring training, he brought 14-year-old Ted Atkinson, one of his pupils, with him. And Bill McKechnie, manager of the (non-political) Reds, is supposed to have a real sleeper in 15-year-old Joe Nuxhall.



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Today Voit's complete output of super Synthetic-Rubber-Covered Athletic Equipment is going to our far-flung fighting fronts—to help maintain morale among Uncle Sam's boys! Early in the fall, we expect to fill essential civilian needs. Remember, the Voit Ball of Tomorrow's worth waiting for!

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The complete stories and records of every sport, written refreshingly and authoritatively by the world's greatest sports historian. Contains a million and one fascinating facts, individual records and sports literature. \$3.

BARNES BOOKS ON FITNESS

Sports: Their Organization and Administration by Hughes & Williams . \$4

A sound basis for the sports program and practical suggestions for conducting such a program.

Physical Fitness for Boys by Miller, Bookwalter and Schlafer \$3

Contains 72 conditioning exercises, 50 dual contests, 48 simple stunts, 58 tumbling stunts, exercises for apparatus, sports courses, tests and measurements.

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Organization, administration, program of sports and time periods, scoring plans, rules and regulations, awards, girls programs.

BARNES SUMMER SPORTS AIDS

Organization and Administ. of Playgrounds and Recrea'n by Jay B. Nash \$3

Swimming by Bob Kiphuth . . . \$1.25

Junior Book of Camping and Woodcraft by Bernard S. Mason \$2

Tennis by Helen Jacobs . . . \$1.25

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Arts and Crafts by Marguerite Ickis \$2.50

A Camping Manual by R. Alice Drought \$2

A. S. BARNES & COMPANY

67 West 44 Street Dept. SC
New York 18, N. Y.

New Books

HOW TO RELAX (Scientific Body Control). By William Miller. Pp. 128. Illustrated — drawings and photographs. New York: A. S. Barnes & Co. \$2.

WHEN "Little Bill" Miller says "Relax!" to an athlete, he has an ulterior motive. He has discovered that relaxation is the key to greatness in athletics. And he has worked out a scientific exercise program to develop it.

This system is widely known as the "Miller Method," and already thousands of football and basketball teams, professional baseball clubs, college coaches, and Army aviation cadets have reaped its benefits.

The system is predicated on a program of special exercises aimed at developing breath control, rhythm in movement, body balance, body control, mental relaxation, military relaxation, body control in sports, and relaxation in daily life.

There is also a chapter for the ladies, which may be read with benefit by both the athletic and the sedentary of the species.

The Miller Method is easy to follow and has much to offer. Through study and practice of the simple methods projected, physical education instructors and coaches may do much to improve individual performance.

HOW TO BOX CORRECTLY. By John J. Romano. Pp. 67. Illustrated —drawings. New York: Benlee Sporting Goods Mfg. Co. 25¢.

HERE is a handy little manual on boxing by a man who has been both a college coach (Yale and V.P.I.) and a syndicated columnist.

It contains good fundamental instruction on all the various blows and tactics, as well as practical advice on exercises, foods, study methods, rules, seconding a boxer and judging bouts.

The instruction is very simple to follow and augmented with helpful drawings.

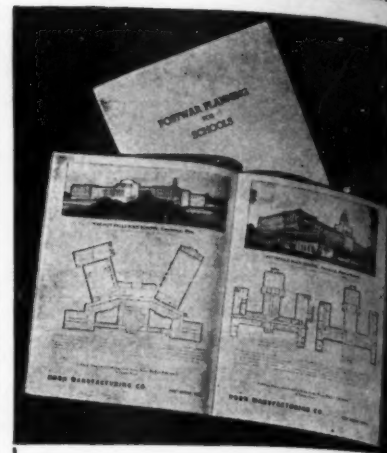
Free booklets

THE Hillerich & Bradsby Co. of Louisville, Ky., is offering these two helpful and interesting booklets free for the asking (check master coupon on page 39):

1944 Famous Slugger Year Book contains many pictures and records of the game's greats, vital statistics on major league parks, past and present batting champions, an excellent article on batting by Ty Cobb, and other interesting information.

Official Softball Rules for 1944 also contains a review of the 1943 world's softball championship and two good articles on batting.

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A 48 page book full of both old and new, yet practical school arrangements and suggestions. See Horn Folding Bleachers and Horn Folding Partitions in action. Our Engineers are at your service in laying out a flexible gym plan.



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ILLINOIS

Coaching School Directory

COLORADO COACHES ASSN.—Longmont, Colo. A. L. Montgomery, director.

GEORGIA COACHES ASSN.—Atlanta, Ga. Dwight Keith, director.

ILLINOIS COACHES ASSN.—Peoria, Ill. R. L. Baxter, director.

INDIANA BASKETBALL SCHOOL—Logansport, Ind. Aug. 28-30. Cliff Wells, director.

IOWA H. S. ATHLETIC ASSN.—Boone, Ia. Aug. 15-19. Lyle T. Quinn, director.

KANSAS COACHING ASSN.—Topeka, Kans. Aug. 22-25 E. A. Thomas, director.

OHIO STATE U.—Columbus, O. June 12-Sept. 4. L. W. St. John, director.

OKLAHOMA STATE COACHES ASSN.—Oklahoma City, Okla. Aug. 23-25. Leo K. Higbie, director.

TEXAS H. S. FOOTBALL COACHES ASSN.—Wichita Falls, Tex. Aug. 7-11. W. R. Carmichael, director.

UNIVERSITY OF ALABAMA—Tuscaloosa, Ala. Last week in Aug. Frank W. Thomas, director.

UNIVERSITY OF COLORADO—Boulder, Colo. June 29-Aug. 25. Harry Carlson, director.

UNIVERSITY OF IOWA—Iowa City, Ia. June 12-Aug. 4. E. G. Schroeder, director.

UNIVERSITY OF WISCONSIN—Madison, Wis. June 26-Sept. 16. Director of Summer Sessions.

WISCONSIN COACHES ASSN.—Marionette, Wis. P. F. Neverman, director.

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- ☐ Catalog

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GULF OIL (15)

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HAND KNIT HOSIERY (32)

- ☐ Information on Athletic Socks and Award Sweaters

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- ☐ Famous Sluggers Yearbook 1944
☐ 1944 Softball Rules How Many?

HORN MFG. (38)

- ☐ Booklet, "Postwar Planning for Schools"

E. P. JUNEMAN (38)

- ☐ Booklet, "Badminton and Tennis Strokes"

KAHNFAST ATHLETIC FABRICS (33)

- See ad for Nearest Uniform Maker

(Numbers in parentheses denote page on which advertisement may be found)

ON PAGE 40 OPPOSITE THIS SPACE ARE OTHER LISTINGS AND FORM FOR SIGNATURE

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SCHOLASTIC COACH MASTER COUPON

(See page 39 for other listings)

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| BRADLEY M. LAYBURN (39) | OREGON WORSTED (29) | SPALDING & BROS. (16) |
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| LINEN THREAD
(Inside Front Cover) | PENNA SALT (4) | UNIVERSAL BLEACHERS (31) |
| <input type="checkbox"/> Catalog on Sports Nets | <input type="checkbox"/> Sample of "Tilite" | <input type="checkbox"/> Catalog |
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How Many? |
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| <input type="checkbox"/> Book, "Physical Training, Practical Suggestions for the Instructor" | <input type="checkbox"/> Catalog | <input type="checkbox"/> Information |
| <input type="checkbox"/> Booklet, "Physical Fitness Apparatus" | SEAMLESS RUBBER (13) | VOIT RUBBER (37) |
| NATIONAL SPORTS (33) | <input type="checkbox"/> Information on SR Athletic Tape | <input type="checkbox"/> Catalog on Rubber Covered Athletic Balls and Equipment |
| <input type="checkbox"/> Catalogs: Bases, Mats, Rings, Training Bags, Wall Pads, Pad Covers | <input type="checkbox"/> Information on Kantleek Bladders | <input type="checkbox"/> Illustrated Price List |
| | SOLVAY SALES (35) | WILSON (23) |
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| | | <input type="checkbox"/> Catalog |

NAME..... POSITION.....
(Principal, coach, athletic director, physical director)

SCHOOL..... ENROLLMENT.....

CITY..... STATE.....

No coupon honored unless position is stated

May, 1944

"Here Below"

(Continued from page 5)

Addressing the annual convention of the American Association for Health, Physical Education and Recreation on April 24, General Hershey declared he was convinced that for the male youth of this country a minimum of one year should be given to development and training essentially for the purpose of national preservation.

Such training, he said, should include physical conditioning and rehabilitation, practice in healthful living and training in democracy. He advocated a revamping of our educational system to include assumption of large responsibility for the training.

"We can learn from our present situation," General Hershey said, "that we must make plans to provide a system that will bring to the youth of America the opportunity to guard their health, to develop their bodies so that they will be prepared to accept all of the responsibilities of citizenship, and to train them in the proper type of relaxation and recreation to the end that they may adjust themselves to the stresses of our age, and escape the fate of those who have been found to be unfit because of mental disease."

Okay, General, how about starting an offensive in Washington?

Basketball Rules

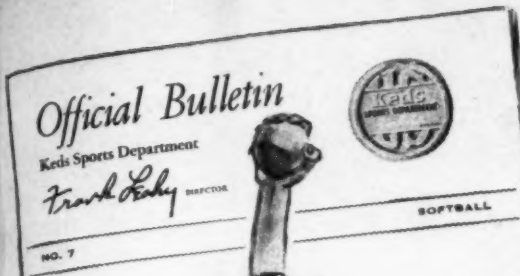
(Continued from page 25)

tion which it covered will be included in a question and answer under Rule 7-1.

2. Sections 2 and 8 will be combined and reworded. Last year's Section 8 was a holdover from the days a free throw was not required to touch the ring. The provisions of this section are closely related to those of last year's Section 2 and they will be combined in a new section which will give coverage for certain situations which have had no coverage.

The new section will make it clear that a substitute free throw must be thrown by the same man who attempted the first throw and that a substitute throw cannot be waived even though the original throw was for a personal foul. It will also make clear that when both teams violate the free-throw rules, the ball becomes dead and, consequently, no points can be counted.

A slight change prescribes that the ball shall be put in play by a jump at the free-throw line.



Newest Keds Bulletin for your Sports Library

"HOW TO PLAY SOFTBALL"



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Softball is a favorite with our fighting men from Alaska to Zanzibar. At home it's a sport that five million play and seventy-five million watch. The newest Keds Sports Bulletin, #7 in the series, is just off the press. Every boy in America will want to study and practice Softball with this new handy booklet that explains rules, pitching, catching, batting, base running, infielding, outfielding, shortfielding and strategy. Free copies are available to you, your staff and student leaders. Simply fill in the coupon below and mail it to Frank Leahy.

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SPORTS DEPARTMENT

UNITED STATES RUBBER COMPANY
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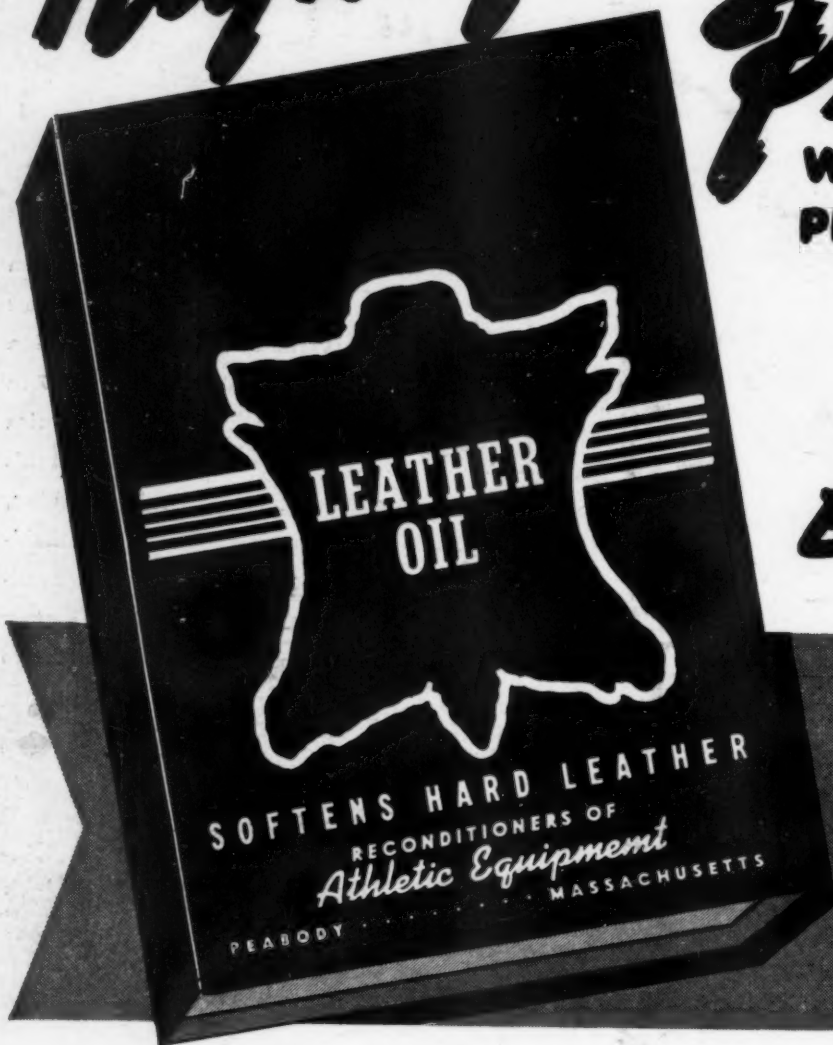


FRANK LEAHY, Dir., Keds Sports Dept.
1230 Sixth Avenue, New York 20, N. Y. as
Dear Frank:
Please send me.....copies of Keds Sports
Bulletin #7, "How to Play Softball."

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